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# Collagen

*Data Sheet*

[www.artgerecht.com](http://www.artgerecht.com)





## Holistic support for bones, joints, muscles & skin

100% pure, hydrolyzed premium fish collagen with optimal bioavailability. Promotes the health of bones, joints, muscles, and skin. Thanks to a molecular weight of 2000 Daltons, it is particularly easily soluble. FOS-certified for the highest raw material quality and sustainable production.

## Pure Power for Your Mobility & Skin Health

Specifically developed for bones, joints, muscles, & skin - uncompromising in purity, bioavailability, and sustainability.

- Optimal Bioavailability
- 100% Raw Material Quality
- Sustainable Origin
- Versatile Application
- Targeted Support for Bones, Joints, Muscles, & Skin

## What is Collagen?

Collagen is the most important **structural protein** in the human body and essential for the stability, elasticity, and regeneration of **bones, joints, muscles, and skin**. It forms the foundation of connective tissue and ensures resilience and strength. Scientific studies show that the body's own collagen production continuously declines from the age of 25. This can lead to reduced bone density, weaker joint structure, slower muscle regeneration, and diminished skin elasticity. COLLAGEN from artgerecht contains highly bioavailable marine collagen hydrolysate of type I & III, which the body absorbs particularly efficiently. With a **protein content of 95%**, it enables optimal supply without the intake of unnecessary fats and carbohydrates. It provides **7 of 9 essential amino acids** in excellent nutrient quality and supports the maintenance of bone density, the resilience of joints and cartilage, muscle regeneration, and the firmness and structure of the skin. Thanks to its pure and sustainable origin, COLLAGEN from artgerecht is free from artificial additives. It is naturally lactose- and gluten-free and is ideal for a conscious diet and an active lifestyle.

## Why Collagen from artgerecht?

- Sustainably produced: Friend of the Sea® certified
- Pure substance: 100% pure fish collagen (10g pure collagen per daily serving)
- Bioavailable: Optimal absorption due to uniform low molecular size
- Versatile: Neutral taste, suitable for hot & cold applications
- Easy to mix and clump-free
- Manufactured and lab-tested in Germany

- Free from heavy metals & artificial additives
- No colorants, preservatives, anti-caking agents, or binders

## Scientific background to Collagen?

Collagen plays a crucial role in the **stability and resilience of the musculoskeletal system and the elasticity of the skin**. In bones, it provides a firm yet elastic structure, while in joints, as an essential component of cartilage, it supports flexibility and strength. In muscles, it aids in regeneration after exertion and helps maintain muscle structure. Collagen is the **most abundant protein in the human body** and manifests in different types depending on the tissue. Our skin is also rich in this structural protein: directly beneath the visible epidermis lies the dermis, which contains collagen in high density. Together with elastic fibers made of elastin, it forms a flexible, net-like framework—comparable to an inner “corset”—that gives the skin its firmness and elasticity. At the same time, it works in the skin by improving its **firmness, hydration, and elasticity**, thereby reducing the appearance of fine lines and wrinkles.<sup>(1)</sup> The marine collagen hydrolysate contained in COLLAGEN has particularly **high bioavailability**. Thanks to its **low molecular weight of only 2,000 Daltons**, it can be quickly absorbed and effectively incorporated into the body's structures. This targeted support strengthens bones, joints, muscles, and skin, helping to maintain and enhance their functionality in the long term. Its neutral nature makes it easy to integrate into daily life—whether in water, smoothies, or hot beverages. COLLAGEN is thus more than just a beauty product—it is an essential supplement for anyone looking to holistically support their body and skin.

## Frequently Asked Questions

### Why marine collagen instead of bovine collagen?

Marine collagen peptides have higher bioavailability than commonly used bovine gelatin collagen and are absorbed particularly efficiently by the body. Due to their smaller molecular structure and enzymatic hydrolysis process, they are highly soluble, odorless, and tasteless. Another key advantage is their sustainable origin. Our collagen comes from controlled fish farming and meets FOS standards (Friend of the Sea). Compared to other collagen sources, marine production generates fewer greenhouse gas emissions, contributing to more environmentally friendly production. To protect the marine habitat, raw materials are deliberately diversified: sustainable fish farming serves as a renewable resource, while wild fish are sourced exclusively from non-endangered species. Additionally, marine collagen offers a lower risk of specific animal diseases that can be associated with land-based sources. Thus, it combines the highest quality, optimal bioavailability, and responsible sourcing.

### Are there study-based facts on improving skin appearance?

Various studies with artgerecht collagen have clinically confirmed its effects. After 8 weeks, 89% of participants showed improved skin appearance, and 23% experienced enhanced skin hydration. These effects can positively impact the appearance of fine lines as well as the smoothness and structure of facial skin. [To the study](#)

### How do I take COLLAGEN?

Dissolve 10 g (2 scoops) daily in 200 ml of hot or cold liquid.

### Can I combine the product with other artgerecht products?

Yes, our collagen can be optimally combined with Floral or Amin to holistically support your bones, joints, and muscles.

### Is the collagen suitable for vegans?

No, our collagen is derived from fish and is therefore not suitable for vegans. However, marine collagen is ideal for pescatarians and those who avoid beef or pork. It comes from a sustainable, strictly controlled source and meets the highest purity and quality standards.

### How long does one package last?

One package contains 30 servings and lasts for one month.

## Does the collagen have a taste?

No, it is tasteless and can be easily mixed into water, tea, smoothies, or food.

## What is the difference between free amino acids and collagen peptides?

The difference between free amino acids and collagen peptides lies primarily in their structure, size, and function:

### 1. Structure & Form

- **Free Amino Acids:** Individual building blocks of proteins – the smallest, indivisible units.
- **Collagen Peptides** (also: hydrolyzed collagen): Chains of multiple amino acids (oligo- or polypeptides).

### 2. Function & Application

**Free Amino Acids** are used for:

- targeted amino acid balance (e.g., L-Tryptophan for serotonin production),
- muscle building (e.g., BCAAs), or
- recovery.

**Collagen Peptides** support:

- skin elasticity, connective tissue, bones, and joints,
- as they are particularly rich in glycine, proline, and hydroxyproline – amino acids typical for the body's own collagen.

## What are the nutritional values of our collagen?

Content	Per 100g	Per Serving (=10g Powder)	NRV <sup>1</sup>
Energy	1596 kJ/ 380 kcal	159.6 kJ/ 38 kcal	-
Fat	< 0.01 g	< 0.01 g	-
- of which saturated	< 0.01 g	< 0.01 g	-
Carbohydrates	< 0.01 g	< 0.01 g	-
- of which sugars	< 0.01 g	< 0.01 g	-
Dietary Fiber	< 0.01 g	< 0.01 g	-
Protein	95.0 g	9.5 g	-
Salt	0.1 g	0.01 g	-

## More about Collagen

Marine collagen is derived from fish skins and by-products, without ionization or irradiation, to ensure **the highest purity and quality**. A key component of the production process is **enzymatic hydrolysis**, which breaks down native collagen into smaller peptides. This hydrolysis technology significantly reduces the molecular weight of the collagen peptides, making them **water-soluble and particularly easily absorbed by the body**.

The high bioavailability of these peptides enables them to **stimulate the body's own collagen production**, positively impacting skin, joints, and overall well-being. Scientific studies show that collagen peptides can improve skin elasticity, reduce wrinkles, and contribute to the health of joints and cartilage. Another advantage of hydrolysis is that it makes collagen peptides **odorless and tasteless**—unlike many other proteins, which often have a bitter taste.

The collagen used is **Type I collagen**, the most abundant form of collagen in the body. Type I collagen is a central component of skin, bones, tendons, and ligaments and plays a crucial role in the structure and strength of connective tissue. Compared to other collagen types, it is particularly important for the firmness

and elasticity of the skin as well as the resilience of joints and bones.

Additionally, marine collagen comes from a **sustainable source** that protects the marine habitat. The raw materials are sourced from controlled fish farming or non-endangered wild fish species, ensuring environmentally friendly production.

## Ingredients

100% Collagen Hydrolysate from **FISH**.

<b>Content</b>	<b>Per Daily Dose (10g)</b>
Glycine	1.99 g
Proline	1.2 g
Glutamic Acid	1.1 g
Hydroxyproline	1.0 g
Arginine	0.85 g
Alanine	0.79 g
Aspartic Acid	0.48 g
Lysine	0.33 g
Serine	0.33 g
Threonine	0.26 g
Leucine	0.25 g
Phenylalanine	0.22 g
Valine	0.19 g
Isoleucine	0.14 g
Hydroxylysine	0.14 g
Histidine	0.12 g
Methionine	0.08 g
Tyrosine	0.04 g
Cysteine	0.03 g

## Recommended intake

Take 10 g (2 scoops) daily, dissolved in 200 ml of a hot or cold liquid. Each scoop contains 5 g. Nearly perfectly soluble in all still liquids. Our team usually enjoys the collagen in the morning in coffee or matcha tea.

## Additional information

- SKU/MPN: 15113
- Content: 300 g
- Net filling quantity: 300 g
- EAN/GTIN: 4260656121009
- PZN (DE): 19778305
- PZN (AT): 5954543
- Customs tariff number: 21069098
- Origin: FR
- Version: 13.06.2025
- Link: <https://artgerecht.com/promotion?redirect=15113>



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<sup>(1)</sup> Schlippe, G., Bolke, L., & Voss, W. (2015). Influence of oral intake of collagen peptides on relevant parameters of skin aging: skin moisture, skin elasticity, and skin roughness. *Aktuelle Dermatologie*, 41(12), 529-534.