SUPPLEMENTS

The First and Only Multi Collagen NSF Certified for Sport®

Without strong, supple joints, an athlete doesn't stand a chance.
Without joint-supporting nutrition, an athlete's joints don't stand a chance.

What is the one thing every athlete needs to succeed?

Before competing in a championship, before receiving the title of champion, even before simply showing up for the competition, every athlete must have this one thing.

Health.

bioSYNTHESIS Since 1984

Purity of our multi collagen complex, both protein contents and amino acid profile, third-party verified by Bio-Synthesis.

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2/3 of career ending injuries are a direct result of weak ligaments and tendons. Most athletes are leaving a gaping hole in their nutritional program that cannot be filled by whey or vegan protein powder, it can only be filled by homemade bone broth or collagen supplements.

Dr. Cate

What is Collagen?

Collagen is a protein, and the strongest, most durable protein in nature found in all mammals, including humans. It is located in many parts of our bodies including hair, nails, skin, bones, muscles, tendons, our blood vessels, many vital organs including the heart, lungs and our digestive system, most notably the small intestine.

The Rejuvenating Magic (aka Science) of Collagen

The special amino acids in collagen are hydroxyproline and hydroxylysine, these are the bioactive amino acids. The complex of all these bioactive materials in CB supplements has a synergistic effect that essentially reverses time in our joints, stimulating the cells in our tendons and ligaments to lay down more collagen and build them stronger.

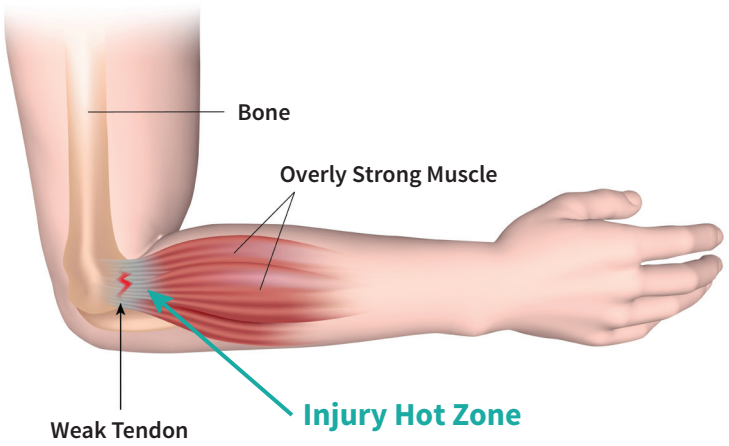
Why Collagen for Athletes?

Muscle and connective tissue injuries (sprains, strains, tears of ligaments and tendons) are the most common injuries for athletes. Our bodies manufacture collagen by combining amino acids from the foods we eat.

However, there are two problems here:

1. Most athletes don't eat foods that contain the bioactive compounds that stimulate optimal collagen synthesis
2. The body's collagen synthesis slows down after age 25

Coincidentally, this is around the same age that many athletes peak in their careers.



Why Multi Collagen?

Multi Collagen means we source our product from multiple animal sources: Grass-fed Pasture Raised Beef, Wild Caught Fish, Cage Free Chickens, and Eggshell Membrane. Most collagens are only beef or chicken and lose out in providing all 5 types of Collagen (I, II, III, V, & X).

There is reason to believe a multi collagen offers benefits over a non-multi collagen (single source) because the benefits of collagen appear to come from a handful of 2 and 3 amino acid sequence combinations, each of which may confer unique benefits and may be present in different amounts in different types of collagen.

Let's simplify this: different sources (cows, chickens, fish, eggs) bring different collagen types (I, II, III, V, X) and bring us humans different benefits.

THE 5 TYPES OF COLLAGEN

TYPE I COLLAGEN

The most abundant collagen in our body - Type I is everywhere and accounts for 90% of your body's collagen. May help in wound healing, improving skin quality & support.

FOUND IN

HAIR
NAILS
EYES

BEST SOURCES

BEEF
BONE BROTH

TYPE II COLLAGEN

Promotes joint health and helps support digestive and immune function. Type II is all about chicken, BEGAWK!

FOUND IN

JOINTS
CARTILAGE

BEST SOURCES

CHICKEN
BONE BROTH

TYPE III COLLAGEN

Helps intestinal health, aides the structure of muscles, and may support healthy blood clotting.

FOUND IN

STRUCTURE OF MUSCLES
BLOOD VESSELS
ORGANS

BEST SOURCES

FISH
BONE BROTH

TYPE V COLLAGEN

Supports neonatal development, helps with eye health, and regulates the development of collagen fibers. Eat a bunch of eggs or take a multi collagen supplement!

FOUND IN

PLACENTA
EYES

BEST SOURCES

MULTI COLLAGEN PROTEIN POWDER
EGGS

TYPE X COLLAGEN

Plays a key role in the health of joints and bones. Type X doesn't get the hype that Type II gets, but it's still important.

FOUND IN

JOINTS
BONES

BEST SOURCES

EGGSHELL MEMBRANE
CHICKEN

NSF CERTIFIED SPORT

DR. CATE APPROVED

CB Supplements is the only NSF certified product that gives athletes on a typical diet exactly what they're missing: the full spectrum of nutrients necessary for proper growth and repair of all connective tissues."

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