

# AVALON™

revitalize • restore • replenish

## Japanese Fish Collagen

### 日本の魚コラーゲン



### Interesting facts about Collagen

#### Fact 1

Collagen makes up a substantial amount of the protein composition of our skin, bones, joints, muscles, hair, nails, ligaments, tendons, cartilage and blood vessels. 70%~80% of all proteins in the skin are collagen, and 70%~80% of the organic ingredients in our bones comprises of collagen, thus Collagen is deemed as nurturing essence for our bones and skin.

#### Fact 2

Collagen in our body decreases gradually after the age of 20, and its degradation will lead to aging skin, including wrinkles, rough skin, dull complexion, sagging skin, and pigmentation. At the same time, the degradation will lead to pathological change of bone, such as osteoporosis, joint stiffness, arthralgia, water retention in the joint, etc.

#### Fact 3

Fish collagen especially those with molecular weight less than 3,000 Daltons by enzymolysis are believed to possess the best anti-aging properties. These unpolluted peptide molecules are the safest and most effective nourishment to our skin.

#### Fact 4

Probiotic complex aid in the balance of our intestinal microflora and rebuild of healthy intestinal system. It enhances the absorption of collagen peptides and L-Vit C, doubling the anti-aging effect leaving us with radiant skin, revealing beauty from inside out.

#### Fact 5

L-Vit C (L-ascorbic acid) in addition to its antioxidant effects can also promote the absorption and synthesis of collagen to prevent skin aging.

### Multiple Benefits of AVALON™ Japanese Fish Collagen



#### Japanese Fish Collagen peptide

(Small molecular weight less than 3,000 Daltons by enzymolysis from deep sea fish)

- Easily absorbed and utilized by body
- Keeps skin in best condition

#### L- Vitamin C

(L-ascorbic acid)

- Promotes absorption and synthesis of collagen
- Keeps skin firm and youthful

#### Probiotics Complex

- Balance intestinal microflora and promote absorption of collagen and Vit C
- Anti-aging



Available in delicious  
Lemon, Mango and Blueberry Flavour!

### AVALON™ Japanese Fish Collagen brings our skin an Extraordinary Experience!

- Improves skin elasticity
- Hydrates our skin
- Lifts away deep lines and wrinkles
- Reduces pigmentation and reveals radiant skin
- Promotes healthy nails
- Keeps hair healthy
- Improves acuity of vision
- Strengthens muscle flexibility
- Improves joint flexibility
- Strengthens bones and helps prevent osteoporosis
- Soften and protect the blood vessel
- Promotes collagen regeneration in the body

### Q&A

**Q: When is the best time to consume AVALON™ Japanese Fish Collagen?**

**A:** The optimum time to take AVALON™ Japanese Fish Collagen is in the morning and before sleep. In the morning, our body's absorption takes place more readily and best, and at night the collagen peptide molecules absorbed by intestinal will stimulate the natural renewal of skin and other connective tissues.

**Q: How can AVALON™ Japanese Fish Collagen help with other medical conditions?**

**A:** Because collagen peptides are utilized by our body's systems (circulatory, respiratory, joint and bones), many customers see improvement in related medical problems such as decreased pain in joint conditions. However the results may vary from individual.

**Q: How soon can I expect to see results?**

**A:** Researcher has shown that most individuals begin to feel the difference within 4-6 weeks. But this varies among individuals. Some people may see results in 2-4 weeks.

**Q: What is the recommended age to start AVALON™ Japanese Fish Collagen?**

**A:** Anyone age over 20 is recommended to start on AVALON™ Japanese Fish Collagen. Long term consumption is suggested because collagen in our body gradually decreases after 20 years old. Collagen requires time to work on supporting body tissues before the changes in our body are noticed thus it is recommended to take AVALON™ Japanese Fish Collagen continually for 90 days for initial users. Individuals can continue to take it after seeing effects according to their desired results.

### Direction of Use

Suggested for use as an addition to the diet.

Take one stick, 1-2 times daily preferably before breakfast or bedtime.

Pour the content into mouth directly or mix juice or water.



### Storage

Keep in dry and cool place. Avoid direct sunlight. Keep refrigerated once opened. Keep out of reach of children.



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MADE IN JAPAN

AVALON™ Japanese Fish Collagen  
Manufactured for  
Hi-Beau International Pte Ltd  
18 Boon Lay Way, #07-102  
Tradehub 21, Singapore 609966  
Tel: +65 65159818  
www.hibeau.com

MALAYSIA  
Imported & Distributed by:  
Hi-Beau (Malaysia) Sdn Bhd  
Tel: +603 79827941