



"Research-based wrinkle reduction."

Recommended by



W. Gifford-Jones, MD

Follows the guidelines of the W. Gifford-Jones MD Philosophy for Natural Health
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CERTIFIED

**... for anti-aging
and healthy
skin!**



Contains Cartidyss® Type II Marine Collagen
for proven wrinkle reduction
and healthier skin!



NEW!



Certified Naturals®
Marine-Source Collagen
Capsules

- Are you noticing increased wrinkles around your eyes?
- Have your “laugh lines” gotten deeper?
- Is your skin becoming thin and saggy?
- Does your skin feel dry and lack hydration?
- If you already take a collagen powder – would capsules be more convenient for you?
- If you already take collagen capsules – are you tired of taking 4 or more capsules every day?
- Are you seeking a sustainable collagen supplement?



Certified Naturals® Marine-Source Collagen containing Cartidyss® is your clinically proven solution to help reduce crow's feet wrinkles and improve skin health.


for beauty within

Cartidyss® is a registered trademark of Abyss Ingredients, SAS.

Collagen – Why is it important?

Collagen is a protein found in large quantities in the human body, accounting for up to 5% of our total weight during our prime years. It makes up the content of our cells and tissues and is found throughout our connective tissue, skin, bones and cartilage. Collagen is made up primarily of amino acids (glycine, proline, and hydroxyproline). It is important for tissue repair, immune response, cellular communication and assists cellular migration to maintain tissue.

Our bodies naturally produce collagen in the fibroblasts of our connective tissue cells. We can also consume collagen through our diet.

The after-40 collagen decline

The collagen content in our bodies starts to decline as we age. Collagen production in our fibroblasts slows and the quality of our collagen declines due to fragmentation. Lifestyle choices also play a role in collagen levels – stress, smoking, alcohol, highly processed foods and sun exposure can have a negative impact.

When collagen declines in quantity and quality, skin ages more rapidly with increased wrinkling and sagging, along with accelerated dryness due to loss of hydration.

Collagen intake can help to increase the levels in our bodies. Foods such as animal bones, ligaments and cartilage, fish skin and bone broths all contain collagen. Protein consumption is also important as our bodies use it in collagen production, so foods like fish, poultry beans and eggs are beneficial for skin health.

Supplementing with collagen

Another way to boost collagen levels and improve skin health is to consume collagen supplements. A variety of these supplements have become popular in the market over the last several years as consumers have become more educated about the function collagen plays in anti-aging.

Collagen challenges

One of the challenges of collagen supplementation is convenience. It can take a large amount of collagen, often in the amount of several grams, to deliver skin benefits. Doses in this range require 4 or more capsules each day or consumption as a powder in water or smoothies. In fact, 85% of collagen supplement sales are in powder form versus capsules due to these dosing challenges.

The source of collagen can also be an issue. Collagen from porcine or bovine sources can pose religious dietary issues for large portions of the population. In addition, porcine and bovine sources are not considered environmentally friendly as they are associated with higher production of greenhouse gases and less sustainability.

Further, most collagen supplements supply only collagen – they do not provide other beneficial complimentary nutrients for skin.



Cartidyss® - Collagen Breakthrough

Cartidyss® is a new breakthrough ingredient in skin care that is much more than just another collagen ingredient. Cartidyss® is a natural complex of hydrolyzed Type II collagen peptides together with a variety of glycosaminoglycans (GAGs), including chondroitin sulfate, glucosamine sulfate and hyaluronic acid. It is sourced sustainably from the upcycled cartilage of skate fish, harvested in the clean waters of northern France.

Cartidyss® is hydrolyzed through an enzymatic process to produce a collagen with lower molecular weight, making it more absorbable. The benefit is that users can consume lower amounts of Cartidyss® to get benefits for skin health versus other collagens and digest it more easily. Most collagen supplements require 2,000 mg or more per dose for beneficial effects, while Cartidyss® has shown wrinkle reduction with dosages of only 500 mg.¹ Also, the GAGs contained in Cartidyss® make for more effective skin nutrition than collagen alone – helping with both skin elasticity and thickness.

Cartidyss® More than just collagen



- The only Type II Marine Collagen
- Low molecular weight for better absorption
- The only Marine Collagen with Glycosaminoglycans

Cartidyss®
Hydrolyzed fish
cartilage
(*Leucoraja naevus*,
Raja brachyura,
Raja clavata)
Providing:

Hydrolyzed collagen 62%
Chondroitin Sulfate 27%
Glucosamine Sulfate 16%
Hyaluronic Acid 1%

Cartidyss® A sustainable source

The three fish species of skates that are upcycled for this cartilage are sustainably caught by local fisherman off the coast of Brittany, France. The process is monitored by IFREMER (National Institute for Ocean Science) to ensure compliance.



Cartidyss® Science

Cartidyss® has been the subject of a human placebo-controlled study for skin health and wrinkle reduction, as well as studies on bioavailability, mechanism of action and user feedback.

Study	Results																				
Reduction in wrinkles and improvement of skin health ¹	A placebo-controlled study was conducted with women between 45 and 59 years of age over 90 days to evaluate Cartidyss® effects on wrinkles, pores, dermis thickness, hydration and feedback from users. Using skin analyses, Cartidyss® users showed improvement over placebo effects: • Wrinkles in nasolabial area (laugh lines) reduced by 31% • Wrinkles in periorbital area (eyes - crow's feet) reduced by 26% • Wrinkles in the frontal area (frown lines) reduced by 14% • Pore size was diminished with a fewer percentage of large pores observed versus placebo. • Dermis (middle skin layer containing collagen, elastin, blood vessels, nerves, hair and sweat glands) increased in density by 38% • Dermis thickness significantly increased allowing the skin to hold more water and hydrate the skin • Improved hydration by 10% • Healthy collagen (coarse) increased by 20% • Unhealthy collagen (huddled) decreased significantly 81% of Cartidyss® users reported that their skin was better hydrated at the end of the study, while two-thirds of users felt their skin was firmer.																				
	Proven Wrinkle Reduction G1 - Placebo T0T90 Frontal (A) Nasolabial (B) Periorbital (C) G2 - Cartidyss® hydrolyzed fish cartilage T0T90 In a 90 day study Cartidyss® hydrolyzed collagen reduced wrinkles in 3 key areas vs. placebo.																				
Bioavailability study ²	A study was designed to evaluate the bioavailability of the nutrients found in Cartidyss®. Both the collagen peptides (measured by hydroxyproline) and glycosaminoglycans (measured by chondroitin sulfate) were observed to be absorbed effectively within just two hours. This enrichment of the blood by the metabolites in Cartidyss® had a significant effect: • 40% increase in elastin production (beneficial for skin elasticity and firmness) • 5.4% increase in hyaluronic acid production (beneficial for skin hydration) • Fibroblast activity was increased, which improves the body's ability to heal wounds, leading to more effective skin repair and turnover benefits																				
Feedback on skin and hair health by users ³	Seventy-five women supplemented with 500 mg of Cartidyss® for 90 days while completing a self-assessment survey quantifying how positive they felt about their hair and skin after each 30-day period. <table><tr><th></th><th>Day 0</th><th>Day 30</th><th>Day 90</th></tr><tr><td>Hair</td><td>20%</td><td>86%</td><td>94%</td></tr><tr><td>Nails</td><td>19%</td><td>86%</td><td>85%</td></tr><tr><td>Skin (face)</td><td>12%</td><td>86%</td><td>85%</td></tr><tr><td>Skin (body)</td><td>12%</td><td>74%</td><td>88%</td></tr></table> At day zero, the common complaints from participants were dull hair, thin hair, brittle nails, sagging skin, dry skin and orange peel skin on the body. By day 30, women were noting that their hair was shinier and not falling out, nails were harder, and their faces had improved complexion. By day 90 of Cartidyss® use, most of the areas of complaints from day 0 had been improved in nearly all users, as evidenced by the positive feedback from patients.		Day 0	Day 30	Day 90	Hair	20%	86%	94%	Nails	19%	86%	85%	Skin (face)	12%	86%	85%	Skin (body)	12%	74%	88%
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Complementary skin nutrients

In addition to clinically proven Cartidyss® collagen, Certified Naturals® Marine-Source Collagen capsules are formulated with two complementary ingredients to provide for a complete skin supplement.

APPLEPHENON® Applephenon™ - Apple Polyphenols are one of nature's most powerful natural antioxidants. ApplePhenon™, the premium source of apple polyphenols, has been shown to reduce skin inflammation and protect skin against the negative effects of UV (ultraviolet) damage.

PUREWAY  **PureWay-C™ Vitamin C** - Vitamin C is important for tissues and ligaments. It is required by the body to help with collagen formation. PureWay-C™ is a patented blend of ascorbic acid with fatty acids and bioflavonoids that is 233% more effective than regular vitamin C and superior at fibroblast regeneration.

Applephenon is a trademark  BGG

PureWay-C™ and PureWay-C™ logo are trademarks of One Innovation Labs, LLC. in the U.S. and/or other countries.

REFERENCES

1. Maia Campos, et al Oral Supplementation with Hydrolyzed Fish Cartilage Improves the Morphological and Structural Characteristics of the Skin: A Double-Blind, Placebo-Controlled Clinical Study. Molecules 2021, 26, 4880. <https://doi.org/10.3390/molecules26164880>

2. Wauquier, F.; Boutin-Wittrant, L.; Bouvref, E.; Le Faouder, J.; Roux, V.; Macian, N.; Pickering, G.; Wittrant, Y. Benefits of Circulating Human Metabolites from Fish Cartilage Hydrolysate on Primary Human Dermal Fibroblasts, An Ex Vivo Clinical Investigation for Skin Health Applications. Nutrients 2022, 14, 5027. <https://doi.org/10.3390/nu14235027>

3. Cartidyss® Consumer Test. Home Sweet Test: Final Report issued June 6, 2023. Data on file. Abyss Ingredients.

When you open a bottle of Certified Naturals® Marine-Source Collagen – you won't experience the usual fishy smell of marine collagen. We use a specialized desiccant with a natural citrus scent designed by the experts at Scentsational. Breathe it in! Your nose will enjoy our collagen as much as your skin!



Product Facts

Medicinal ingredients

Each vegetable capsule contains:

Cartidyss® Hydrolyzed fish cartilage*	250 mg
(Leucoraja naevus, Raja brachyura, Raja clavata)	
Providing: Hydrolyzed collagen 62% Chondroitin Sulfate 27%	
PureWay-C™ Vitamin C (ascorbic acid)	20 mg
ApplePhenon® Apple Polyphenols.	10 mg
(70% polyphenols) (Malus domestica – Fruit)	

Uses

Helps to reduce crow's feet wrinkles. Helps maintain healthy skin. Helps in collagen formation to maintain healthy bones, cartilage, teeth and gums, wound healing and connective tissue formation. Source of antioxidants that help protect against cell damage caused by free radicals.

Warnings

Allergen: Fish

When using this product consult a health care practitioner before use if you are pregnant or breastfeeding.

When using this product some people may experience gastrointestinal discomfort/disturbance. Keep out of reach of children.

Directions

Adults: Take 2 capsules, 1 time per day. Take with food or on an empty stomach. Use for 3 months to see beneficial effects.

Other information

Do not use if under cap safety seal is broken. Store in a dry place.

Non-medicinal ingredients

Citrus bioflavonoids, rice bran oil, colloidal silicon dioxide, dicalcium phosphate dihydrate, vegetable grade magnesium stearate, microcrystalline cellulose and hypromellose (vegetable capsule).

Questions? www.certifiednaturals.ca or 1-866-846-7447



Certified Naturals® is a line of supplements that selects only the world's best clinically proven natural ingredients. Ingredients that deliver health results. These formulas are Certified...for your health.



www.certifiednaturals.ca