



amare

HL5™

HEALTHY LIVING

What It Is

What sets HL5 apart from other protein supplements is its use of 5 gram hydrolyzed collagen. This means that the collagen is broken down into smaller, more absorbable molecules, making it easier for your body to digest and utilize. There are several types of collagen that differ in their structure and where they're found in the body. In humans, there are four main types: Type 1, Type 2, Type 3, and Type 4. Type 1 is the most prominent type found in humans, in fact, it accounts for 90% of the collagen in our bodies. And that's why you'll find it also in HL5.

How It Works

One of the most important things to consider when choosing a collagen protein is that it is hydrolyzed. Hydrolyzed collagen (also referred to as collagen peptides) is broken down into shorter fibers that the body can better digest and utilize. HL5 features 5 gram hydrolyzed collagen so that your body can better absorb it. Each pouch delivers five grams of type 1 and type 3 hydrolyzed collagen protein, which is ideal for adults looking to support muscle mass and bone health as part of a balanced diet and active lifestyle.*

Why You'll Love It

Collagen is the most abundant protein in our bodies, and it helps build nearly everything from your bones to your skin. It also acts as a "glue" that helps hold together our tissues, organs, and bones, while also providing elasticity in our skin for that youthful, vibrant glow.

***DISCLAIMER:** Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Amare Global products are not intended to diagnose, treat, cure, or prevent any disease or medical condition.

Please store your Amare products in a place out of reach of children. This product is suitable for individuals aged 12 years and older.

****The statements provided here are valid if the relevant vitamins and minerals are present in the supplement in the amounts specified by the regulations.**

EU-ENG Amare HL5 Peach – amare.com

Key Features



Collagen



Lactose Free



**Not Suitable
for Vegan &
Vegetarians***



Flavor
Peach



Servings
30



Daily Dosage
1 Pouch

*Contains animal-derived collagen. Not suitable for vegans.

How To Use

Use 1 pouch of HL5 daily. Can be consumed in the morning, before bed, or between meals. Shake well before use. Do not exceed the recommended daily dose.

1 Box: 30x 30 ml pouches

This food supplement is for adults aged 12 and over.



The SCIENCE of Amare HL5

Protein is one of the critical building blocks of the body and easily digestible protein becomes more important for maintaining wellness as we age. It can be found in skin, hair, joints and promotes healthy bones as well as healthy muscle growth. HL5 supports the body's need for protein with grassfed collagen, hydrolysed for easy absorption.



NUTRITIONAL INFORMATION

Serving Size: 1 Pouch (30 ml) Number of servings: 30

	Amount per serving	per 100 ml
Energy	109 kJ 26 kcal	363 kJ 87 kcal
Fat	0 g	0 g
Carbohydrates	1,4 g	4,7 g
Sugar	0 g	0 g
Dietary fibre	0,15 g	0,5 g
Proteins	5 g	16,7 g
Salt	0,11 g	0,37 g



Ingredients



Collagen Peptides



Sicilian Lemon Extract



Stevia



Apple Cider Vinegar



Erythritol

Water, hydrolysed collagen (18%), sweetener: erythritol, acidity regulator: citric acid, sodium chloride, fructooligosaccharides, peach flavour, thickener: xanthan gum, flavouring, preservative: potassium sorbate, apple cider vinegar, sweetener: steviol glycosides from Stevia.

Key Benefits



Blood

Consumption of foods/ drinks containing erythritol instead of sugar induce a lower blood glucose rise after their consumption compared to sugar-containing foods/ drinks.



Bones

Protein contributes to the maintenance of normal bones



Muscles

Protein contributes to a growth in muscle mass.

Protein contributes to the maintenance of muscle mass.

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