



amare

HL5™

HEALTHY LIVING



What It Is

What sets HL5 apart from other protein supplements is its use of 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 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 perfect for the average person who wants to build lean muscle, improve strength and support bone health.*

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.

Key Features



Collagen



Gluten Free



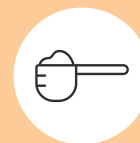
Lactose Free



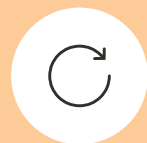
Cologne List Approved



Flavor
Peach



Servings
30



Daily Dosage
1 Pouch



HL5™

HEALTHY LIVING

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



Stevia



Erythritol



Sicilian Lemon Extract



Apple Cider Vinegar

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.



HL5TM

HEALTHY LIVING

When do I take the products?



	Morning	Noon	Evening
Amare Edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Amare Energy+	<input checked="" type="checkbox"/>	<input type="radio"/>	
Amare MentaBiotics	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Amare Ignite		<input type="radio"/>	
Sunrise	<input checked="" type="checkbox"/>	<input type="radio"/>	<input type="radio"/>
Nitro	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sunset			<input checked="" type="checkbox"/>
HL5	<input type="radio"/>	<input checked="" type="checkbox"/>	<input type="radio"/>
ON	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Origin	<input type="radio"/>	<input checked="" type="checkbox"/>	<input type="radio"/>
FIT20	<input type="radio"/>	<input checked="" type="checkbox"/>	<input type="radio"/>
Restore	<input checked="" type="checkbox"/>	<input type="radio"/>	<input type="radio"/>

- Recommended
- Additional Serving for optimal results
- As needed

Do I need to take the products with food?

Most nutrients in capsules are better absorbed with food. Restore is the only product that requires food for absorption.

Can I take all the Amare products?

Yes you can. Amare's products are formulated to complement each other, providing holistic benefits. Follow the recommended dosage and usage instructions for each product.