

# STAY FLEXIBLE AND AGILE WITH PEPTAN®

Keeping connective tissue healthy, Peptan collagen peptides provide sport enthusiasts with the building blocks to move freely and efficiently, while also helping to prevent injuries.

For sportspeople, optimal nutrition is key to achieving an ideal physique, to recovering from training sessions, to boosting performance and staying mobile and injury-free



**Core users<sup>1</sup>**  
• Elite athletes  
• Bodybuilders

**Fitness lifestyle users<sup>1</sup>**

• Health and wellness enthusiasts



**Casual users<sup>1</sup>**

• Mainstream consumers  
• Weight management and fitness

## WHY PEPTAN COLLAGEN PEPTIDES FOR SPORTS NUTRITION?

### Unique amino acid composition

Peptan contains high concentrations of hydroxyproline, proline and arginine offering specific health benefits



### Bioactive & easily digestible

Over 90% of collagen peptides are digested and quickly absorbed after oral ingestion – ready to deliver their benefits<sup>2</sup>



### Clean label natural and safe

Peptan is a natural, clean label protein ingredient, free of additives and preservatives



## WHAT ARE THE BENEFITS?

Collagen peptides are bioactive proteins that **support connective tissues, limit joint discomfort and can prevent injury<sup>3,4,5</sup>**, by stimulating local cells to produce more collagen fibers and tissue matrix. Latest science also demonstrated Peptan's **anti-inflammatory effects<sup>6</sup>**.

### Collagen peptides also

- ✓ can provide protein energy source<sup>7</sup>
- ✓ help regenerate muscle<sup>8</sup>
- ✓ support weight management<sup>9</sup>



### PEPTAN'S FUNCTIONAL PROPERTIES:

- ✓ neutral in taste and odor
- ✓ low viscosity
- ✓ excellent solubility
- ✓ heat-resistant and stable
- ✓ easily blendable
- ✓ transparent in solution

### PEPTAN, A SPORTS NUTRITIONAL SOLUTION



dairy



powder drinks



beverages



tablets & capsules



nutritional bars

PeptanbyRousselot

@Peptan\_Global

Collagen Peptides

[peptan.com](http://peptan.com)

# Peptan®

PRODUCED & MARKETING BY ROUSSELOT

**DARLING**  
INGREDIENTS

# BENEFIT FROM OUR (CO-) INNOVATION, COMMITMENT & WORLD-CLASS EXPERTISE

With Peptan, you will have a reliable, closely connected partner



Our global leadership in collagen peptides, combined with our worldwide presence and customer-centric culture, enables us to be a closely connected, reliable partner to you as a manufacturer. We can help you with virtually any product requirement or innovation you have in mind.

## References

- <sup>1</sup> Trends and Developments in Sports Nutrition. Euromonitor, 2015
- <sup>2</sup> Watanabe-Kamiyama, M. et al., 2010, Absorption and effectiveness of orally administered low molecular weight collagen hydrolysate in rats. *Journal of Agricultural and Food Chemistry*, 58:835-841
- <sup>3</sup> Jiang, J.X. et al., 2014, Collagen peptides improve knee osteoarthritis in elderly women: A 6-month randomized, double-blind, placebo-controlled study. *Agro Food Industry Hi Tech*, 25:19-23
- <sup>4</sup> Wienicke, E., 2011, In: *Performance Explosion in Sports – an anti-doping concept*. Meyer&Meyer Fachverlag und Buchhandel GmbH, ISBN-10:1841263303
- <sup>5</sup> Shaw, G. et al., 2016, Vitamin C-enriched gelatin supplementation before intermittent activity augments collagen synthesis. *American Journal of Clinical Nutrition*, doi:10.3945/ajcn.116.138594
- <sup>6</sup> Dar, Q.A. et al., 2016, Oral hydrolyzed type 1 collagen induces chondroregeneration and inhibits synovial inflammation in murine posttraumatic osteoarthritis. *Osteoarthritis and Cartilage*, 24:5532-5533
- <sup>7</sup> Paddon-Jones, D. et al., 2004, Potential ergogenic effects of arginine and creatine supplementation. *The Journal of Nutrition*, 134(10):28885-28945
- <sup>8</sup> Cermak, N.M. et al., 2012, Protein supplementation augments the adaptive response of skeletal muscle to resistance type exercise training: a meta-analysis. *American Journal of Clinical Nutrition*, 96(6):1454-1464. doi:10.3945/ajcn.112.037556
- <sup>9</sup> Veldhorst, M.A. et al., 2009, A breakfast with alpha-lactalbumin, gelatin, or gelatin TRP lowers energy intake at lunch compared with a breakfast with casein, soy, whey, or whey-GMP. *Clinical Nutrition*, 28(2):147-155

For further references and more information on the science behind Peptan, please visit [Peptan.com](http://Peptan.com)

## Rousselot Headquarters

Rousselot B.V. Kanaaldijk Noord 20  
5691 NM Son The Netherlands +31 (0) 499 364 100  
[peptan@rousselot.com](mailto:peptan@rousselot.com)

PeptanbyRousselot  
 @Peptan\_Global  
 Collagen Peptides

[peptan.com](http://peptan.com)

# Peptan®

PRODUCED & MARKETING BY ROUSSELOT

DARING  
INGREDIENTS