



Collagen MB

Muscle Builder



Metabolism



Cardio



Whole Body

KEY INDICATIONS

- Lean muscle development and preservation
- Muscle recovery following exercise or metabolic stress
- Strength and endurance performance support
- Fatigue associated with impaired mitochondrial energy production
- Age-related muscle loss (sarcopenia support)
- Muscle repair following injury or intense training
- Support for athletes or individuals with increased protein demand
- Metabolic resilience during periods of high physical demand

HOW IT WORKS

Collagen MB supports muscle adaptation, repair, and energy metabolism. The formula helps preserve lean muscle by supporting anabolic signaling while reducing excessive muscle protein breakdown. It enhances the body's ability to regenerate cellular energy needed for strength and endurance, while buffering metabolic stress generated during exertion. Collagen-specific amino acids (glycine, proline, and hydroxyproline) also support connective tissue integrity surrounding muscle fibers, helping improve recovery, resilience, and functional performance.

CLINICAL PEARLS

- Therapeutic dosing may be used during intense training, muscle breakdown, or accelerated recovery needs.
- Use **Collagen MB** for muscle metabolism, performance, and recovery; choose **Collagen ECM** for structural connective tissue repair.
- Pair with **H – Heart** to support cardiac muscle metabolism or **KYRO** for additional musculoskeletal support.



SUPPLEMENT FACTS

Serving Size: 1 Level Scoop (approx. 22 g) Servings: 30

	Amount Per Serving	% DV [†]
Total Calories	79.8	
Complex Carbohydrates	600 mg	<1%
Protein	16.8 g	34%
Fat (from MCTs)	1.4 g	2.2%
Muscle Building Complex		
Collagen Protein (Bovine)	16.8 g	*
Creatine	2 g	*
Medium Chain Triglycerides	1.4 g	*
Proprietary Blend	1.1 g	*
β-Alanine		
HMB (β-Hydroxy β-Methylbutyrate)		
NMN (Nicotinamide Mononucleotide)		

[†]Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

*Daily Value not established.

A/21

KEY INGREDIENTS & BENEFITS

Collagen Protein (Bovine): Provides structural amino acids including glycine, proline, and hydroxyproline that support connective tissue integrity, tendon strength, muscle fiber structure, and post-exercise tissue repair. Collagen also contributes to the endomysium and extracellular matrix that stabilize muscle fibers during contraction.

Creatine: Supports rapid ATP regeneration by recycling adenosine diphosphate back to ATP. This process helps improve muscular power output, strength performance, and recovery during repeated high-intensity effort.

Medium Chain Triglycerides: Provide rapidly absorbed fatty acids that support mitochondrial energy production and metabolic flexibility while supplying readily available fuel for active muscle metabolism.

β-Alanine, HMB (β-Hydroxy β-Methylbutyrate): β-Alanine and HMB (β-Hydroxy β-Methylbutyrate) support muscle performance; β-Alanine acts by buffering metabolic acid buildup, while HMB helps reduce muscle protein breakdown and promotes anabolic repair.

NMN (Nicotinamide Mononucleotide): Supports NAD production, mitochondrial function, cellular energy generation, and metabolic resilience during physical stress.

INSTRUCTIONS

Maintenance dose: 1 scoop daily, in liquid of choice

Therapeutic dose: 1 scoop twice daily, in liquid of choice

ALLERGEN & DIETARY INFO

- cGMP Facility
- Non-GMO
- Contains coconut (from medium chain triglycerides)

SAFETY & CONTRAINDICATIONS

- Individuals with kidney disorders should consult a healthcare professional before using creatine-containing products
- Generally considered safe during pregnancy and lactation when used at recommended doses; individuals who are pregnant or breastfeeding should consult their healthcare professional before use.

Updated: 5/4/26



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.