

Mie Collagen + Probiotics

1. Ingredient Descriptions

- **Hydrolyzed Collagen Peptides**

Collagen is the most abundant protein in the body. It provides structure and firmness for skin, muscles, and joints.

Hydrolyzed collagen peptides are a simpler, more broken down form of collagen, making them more easily digestible and absorbed by the body for more efficiency.*

- **Probiotic - *Lactobacillus plantarum* (HY7714)**

Lactobacillus plantarum (HY7714) is a novel, first to the US market probiotic strain developed in Korea. It contributes to healthier looking skin for a more youthful appearance. In a clinical trial, study participants who supplemented with *Lactobacillus plantarum* (HY7714) saw improvements in skin hydration and a minimization of fine lines and wrinkles of the face.*

- **Probiotics**

Bifidobacterium lactis, *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Bifidobacterium breve*, *Lactobacillus casei*, and *Streptococcus thermophilus*.

These probiotics contribute to skin, digestive tract and immune health. Different *Lactobacillus* and *Bifidobacterium* species have been shown to contribute to a positive mood and healthy outlook on life. The use of probiotics may also support a healthy cardiovascular system by helping to maintain existing healthy cholesterol and blood pressure levels.*

- **Hyaluronic Acid**

Hyaluronic acid (HA) is a naturally made protein substance that helps bind together the connective tissues of the joints, skin and eyes. Helping to maintain skin hydration, smooth joint movements and in clinical research HA has been shown to contribute to skin health and beauty. Like collagen, as a person ages the amount of HA they make diminishes.*

- **Vitamin C**

Vitamin C is essential for the creation of collagen within the body. Adequate levels of vitamin C are needed to maintain the health of the skin's outer and inner layers.*

- **Biotin**

Biotin is an essential B complex vitamin (B7) that supports the metabolism of fats, carbs, and proteins. It is a primary component of healthy hair, skin, and nails.

- **Copper**

Copper is an essential mineral, necessary to produce collagen. It is also necessary for the creation of internal antioxidants.*

- **Pomegranate**

Pomegranate is a superfruit rich in phytonutrient polyphenols which are known for their antioxidant functions.

Frequently Asked Questions

- ***What does Mie mean and how do you pronounce it?***

Mie is pronounced as me. In Korean and Chinese, Mie means beautiful. The name Mie was selected to highlight that beauty starts from within, with Me (or you) and to reflect the use of the patented Korean probiotic that has been shown to contribute to beauty.

- ***Why should I take collagen?***

After the age of 20, the body makes 1% less collagen each year. So, by the age of 40, a person is making 20% less collagen than when they were 20. As a result, we experience a decrease in skin firmness, the emergence of wrinkles, and reduced performance of joints and muscles. Adding a collagen supplement supports the body's ability to replenish normal age-related collagen loss. Collagen's anti-aging effects include improved skin health, beauty, joint mobility and muscle performance.*

- ***What are hydrolyzed collagen peptides?***

Collagen is hard, fibrous, and insoluble. It does not dissolve well in liquid. As a result, it is poorly absorbed by the body.

Hydrolyzed collagen peptides are purified (broken down into a simpler form) from collagen, making them more easily digestible and absorbed by the body. Mie Collagen + Probiotics uses uniquely processed hydrolyzed collagen peptides, which are highly dissolvable when added to water. Live Pure calls this proprietary process C.A.T.™ (Collagen Absorption Technology)

- ***What is C.A.T.™?***

C.A.T (Collagen Absorption Technology) is a proprietary, science-based delivery technology that maximizes the absorption of collagen. The collagen peptides in Mie Collagen + Probiotics have been hydrolyzed and optimized for solubility and dissolution. This results in the collagen being more easily absorbed and digested by the body.

A common reason for poor absorption and bioavailability of other collagen products is their lack of solubility. Scientific research on absorption of hydrolyzed collagen peptides has demonstrated their

presence in the blood within 15 minutes of consuming them making them a more efficient form of collagen.

- ***Why do I need to take a probiotic product?***

Taking a high-quality probiotic supplement contributes to a healthy balance of good digestive tract bacteria.* The connection between healthy digestive tract bacteria and overall health is very strong. Good digestive tract health is connected to immune health, brain health, mood, digestive health, skin health and more. The standard American diet (high in processed food and sugar), the overuse of antibiotics, drinking too much alcohol, stress, cigarette smoking, a lack of exercise and inadequate sleep are all disruptors of good bacteria.

- ***Why should I take collagen and probiotics together?***

The combination of collagen and probiotics is an excellent approach to a more youthful appearance. In addition to skin and joint health, collagen is recommended to improve digestive tract health. Likewise, in addition to digestive tract health, probiotics are recommended to help improve the skin's appearance, especially the clinically tested and patented probiotic strain from Korea HY7714 (from *Lactobacillus plantarum*).

- ***What is the source of collagen peptides in Mie Collagen + Probiotics?***

The collagen peptides are from a bovine (cow) source. It comes from free-range, grass-fed, hormone-free cows.

- ***What types of collagen peptides are found in Mie Collagen + Probiotics?***

The collagen peptides are Types I and Type III. Type I collagen is the most abundant collagen type found in the skin and throughout the body. Type III collagen is found in muscle, blood vessels, and skin. The amount and quality of Type III collagen found within the body is strongly influenced by age.

- ***Why doesn't Mie Collagen + Probiotics contain other types of collagens like Types V and X?***

There is little to no human trial research to support their effectiveness. Live PURE carefully selected ingredients that have strong scientific support of their benefits and efficacy.

- ***If I am taking Mie Collagen + Probiotics, do I still need to use my probiotic product?***

Yes. Our Probiotic contains prebiotics that support the increase of healthy bacteria in the digestive tract. It is safe to take Mie Collagen + Probiotics and Probiotic together.

- ***What is the potency or how many CFU (colonizing forming units) from the probiotics do I get from Mie Collagen + Probiotics?***

Each serving contains 17 billion CFU. 10 billion CFU come from the *Lactobacillus plantarum* (HY7714) and 7 billion from *Bifidobacterium lactis*, *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Bifidobacterium breve*, *Lactobacillus casei*, and *Streptococcus thermophilus*.

- ***Mie Collagen + Probiotics and PURE Probiotic both contain Lactobacillus plantarum. What makes them different?***

Only the HY7714 strain in Mie Collagen + Probiotics is patented and clinically tested to support skin health and appearance. The *Lactobacillus plantarum* in Probiotic will not offer these same benefits since it is a different strain.

- ***How should Mie Collagen + Probiotics be stored?***

Mie Collagen + Probiotics is best stored at room temperatures about 74° F out of direct sunlight. If desired, it can also be stored in the refrigerator. Do not freeze.

- ***Will PURE have a vegan version of Mie Collagen + Probiotics available?***

Plant sourced collagen does not exist. There are vegan products available, which promote collagen production in the body, but these products do not contain collagen protein or peptides. A similar product would be LivePURE's Organic Sulfur, which supports collagen production in the body, but does not provide a dietary source of collagen.

- ***What is the age recommendation for Mie Collagen + Probiotics?***

Mie Collagen + Probiotics is not recommended for use in children. Consult a physician before use.

- ***Can Mie Collagen + Probiotics help treat acne?***

Persistent acne is a medical condition and should be evaluated by a licensed medical professional.

- ***How long will it take before I start seeing the benefits of Mie Collagen + Probiotics?***

We recommend continuous use of Mie Collagen + Probiotics for at least 4 weeks.

- ***When is the best time to take Mie Collagen + Probiotics?***

We recommend taking Mie Collagen + Probiotics first thing in the morning. Collagen consists of specific amino acids, which are best absorbed on an empty stomach and not paired with other protein rich foods.

- ***How should I take Mie Collagen + Probiotics?***

Mix one stick into 8 ounces (1 cup) of cold water and drink immediately to help ensure the maximum benefits of the probiotics.

- ***Can I take Mie Collagen + Probiotics more than once daily?***

One daily serving of Mie Collagen + Probiotics is all you need to see the incredible benefits. However, we know it tastes incredible so having up to 2 servings a day is just fine!

- ***What other PURE products pair well with Mie Collagen + Probiotics?***

Organic Sulfur: Helps improve flexibility, mobility, and contributes to healthy skin, hair and nails.

Acai: This beauty berry contains high antioxidant levels and essential fatty acids.

Mila: All in one superfood for fiber, protein and omega 3 fatty acid to support heart and bone health.