

# Application Concept in Dietary Supplements

## FUNCTIONAL COLLAGEN PEPTIDES POWDER FOR POST-MENOPAUSAL WOMEN

### COLLAGEN PEPTIDES +

#### 100% SOLUBLE CHIA OIL - BENEXIA ALA POWDER 40

The highest plant-based source of alpha-linolenic acid with highly hydrolyzed bovine collagen peptides and calcium for effective inflammation resolution and optimum joint protection and restoration.

### INGREDIENTS

Hydrolyzed bovine collagen peptides, Benexia® ALA Powder 40 (chia oil (70%), acacia gum (30%), calcium carbonate.

### COMPOSITION

#### Supplement Facts

Serving Size: 1 scoop (15 g)

Amount per Serving	Daily Value*
Hydrolyzed Bovine Collagen Peptides 10 g	
Alpha-Linolenic Acid (ALA) 1400 mg	
Calcium 400 mg	31% VRN

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### RECOMMENDED CONSUMPTION

One scoop (15 g) per day for at least 3 months.

### SUGGESTED FORMAT

450g (15.9 oz. 0.99lb) jar (30 dosages).

### NUTRIENT CONTENT / NUTRITIONAL CLAIMS\*

**Excellent Source of Omega-3 | USA**

**High in Omega-3 Fatty Acids | EU**

### HEALTH CLAIMS\*

#### Alpha-linolenic Acid | EU

ALA contributes to the maintenance of normal blood cholesterol levels.

#### Calcium | EU

Calcium helps reduce the loss of bone mineral in post-menopausal women.

### FUNCTION/STRUCTURE CLAIMS\*

#### Alpha-linolenic Acid | USA

- ALA Omega-3 promotes cardiovascular health
- ALA Omega-3 supports heart health

#### 1400 mg Omega-3 ALA to



**Boost  
Physical Function**



**Reduce Low-Grade  
Inflammation**

### KEY ADVANTAGES

- Plant-based omega-3 from a sustainable source.
- Synergic functionality with collagen for joints & bone health.
- Omega's without fishy flavor.

### TARGET

+50 Women.



# Alpha-linolenic Acid ALA Science in Women's Health

STUDY:

**DIETARY OMEGA-3 POLYUNSATURATED FATTY ACID AND ALPHA-LINOLENIC ACID ARE ASSOCIATED WITH BETTER PHYSICAL CAPACITY IN OLDER WOMEN 65–72 YEARS.**

## ALA benefits in women's health:

---

ALA decreases low-grade inflammation produced with aging by reducing inflammatory markers TNF- $\alpha$  and IL-6 plasma levels.

---

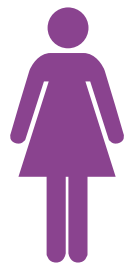
Omega-3 PUFAs contribute to the muscle protein anabolic pathway, preventing sarcopenia.

---

Omega-3 PUFAs can improve blood lipid profile and heart function related to healthy aging.

---

Omega-3 PUFAs are an effective nutritional measure to help delay and prevent physical function decline.



UP TO **21% EPA**

UP TO **9% DHA**

## STUDY METHOD

A study associated enhanced physical function parameters with high-ALA dietary intake (with no supplementation) in 554 women:

- Faster walking speed.
- Greater grip strength and lower fat mass.
- Better performance at one-leg stance.
- Ability to squat to the ground.

## CONCLUSION

Dietary intake of 1,4 grams of ALA was positively associated with muscle strength and function in older women. Finding showed no statistically significant association for dietary EPA and DHA with physical function assessments.

## LOW GRADE INFLAMMATION IN ELDERLY

With aging, plasma levels of pro-inflammatory mediators starts increasing. These mediators such as tumor necrosis factor  $\alpha$  (TNF- $\alpha$ ), interleukin 6 (IL-6), and C-reactive protein (CRP), create what is called a "low-grade inflammation", which is strongly related to the risk of functional decline in the elderly population.

## DAILY INTAKE OF OMEGA-3 IN THE STUDY

- ALA 1.4 g/day
- 120 mg EPA and 280 mg DHA

## REFERENCES

Isanejad, M., Tajik, B., McArdle, A. et al. Dietary omega-3 polyunsaturated fatty acid and alpha-linolenic acid are associated with physical capacity measure but not muscle mass in older women 65–72 years. Eur J Nutr 61, 1813–1821 (2022). <https://doi.org/10.1007/s00394-021-02773-Z>