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Liposomal Collagen 2850mg

With hyaluronic acid, vitamin C, zinc & biotin

Nutritional Information

One Sachet provides:

		*%NRV
Liposomal collagen	2,850 mg	-
Providing collagen	1,000 mg	-
Hyaluronic acid	50 mg	-
Zinc	5 mg	50
Vitamin C	120 mg	150
Biotin	50 µg	100

*NRV = Nutrient Reference Values

Dissolve one sachet in a glass (200ml) of water.
Consume one sachet per day.



SUMMARY

- Advanced delivery of oral collagen.
- High bioavailability and absorption of collagen.
- Well tolerated.
- With hyaluronic acid, vitamin C, zinc & biotin.
- Collagen formation, skin beauty and joint support.
- Supported by studies.

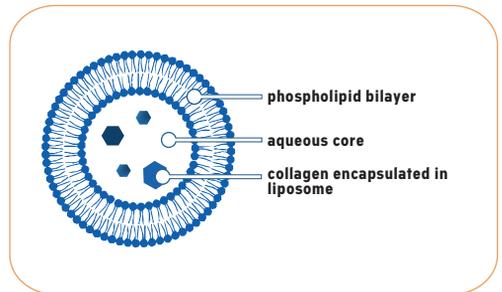
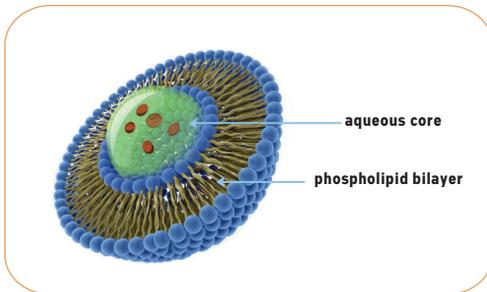
LIPOSOMES & LIPOSOMAL DELIVERY

Liposomes are nanoscale phospholipid vesicles designed to enhance intestinal absorption, intracellular delivery and systemic bioavailability of encapsulated nutrients, such as collagen. Liposomes are microscopic-sized spherical envelopes or pockets containing an aqueous core. The phospholipids are arranged into a spherical cell membrane like lipid bilayer.

Liposomal technology enables the encapsulation of collagen peptides within phospholipid vesicles, improving their stability and delivery efficiency. The liposomal collagen is created through a careful manufacturing process resulting in an innovative delivery form with significant advantages for the consumer.

Collagen peptides are encapsulated within the aqueous core, protected by a phospholipid bilayer that enhances stability from digestive degradation.

Illustrations of liposomal collagen structure



ADVANTAGES OF LIPOSOMAL DELIVERY OF COLLAGEN

The functional advantages of liposomal delivery arise from the bilayer's ability to protect, transport and facilitate cellular uptake of bioactive compounds. Liposomal encapsulation provides a barrier around the active collagen, increasing resistance to digestive enzymes, acidity, intestinal flora, and oxidation.¹

When encapsulated within a liposomal carrier, collagen peptides benefit from improved gastrointestinal stability and more efficient cellular uptake. The phospholipid bilayer protects the peptides during digestion while facilitating transport across biological membranes, resulting in superior bioavailability compared with conventional formulations. This optimised delivery system supports faster utilisation by fibroblasts and chondrocytes, supporting accelerated collagen synthesis and extracellular matrix renewal in dermal and joint tissues.

LIPOSOMAL MANUFACTURING PROCESS

The Liposomal nutrients used by Quest are supplied by Liposvit® and manufactured using a carefully controlled manufacturing process and the liposome structures are additionally verified using cryogenic transmission and scanning electron microscopy. Particle size plays a vital role in nanoparticle adhesion to and interaction with biological cells in the body.^{2,3} At Quest we use Liposomal nutrients within a particle size of 200-400 nanometres (nm), ensuring they are a highly effective delivery system. The size of the liposomes and their particle size distribution are determined using a LUMiSizer® 651 particle size analyzer.

Image of Liposvit® liposome structures using cryogenic transmission electron microscopy.

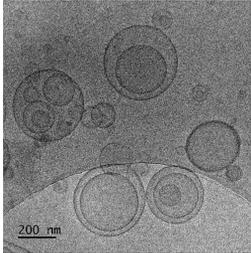
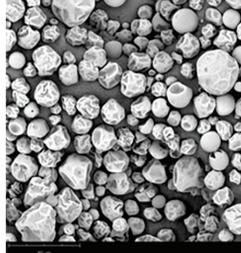


Image of Liposvit® liposome structures using x1000 magnification under scanning electron microscope.



BENEFITS OF LIPOSOMAL COLLAGEN

Collagen is the primary structural protein within skin, cartilage, ligaments, tendons and connective tissues, providing tensile strength and structural resilience. Endogenous collagen synthesis declines progressively with age and oxidative stress, contributing to visible skin ageing and reduced joint integrity.

Liposomal collagen enhances the stability, absorption, and utilisation of collagen peptides by protecting them during digestion and supporting improved transport across cellular membranes. This advanced delivery system helps maximise the functional benefits of collagen, supporting:

- Skin elasticity, firmness, and deep hydration
- Reduction in fine lines and visible signs of ageing
- Joint comfort, mobility, and cartilage resilience
- Strength and integrity of hair, nails, and connective tissue
- Enhanced tissue regeneration and structural support throughout the body

Clinical evidence demonstrates the efficacy of collagen peptides for skin health. In a randomized, placebo-controlled, double-blind trial, daily intake of 2.5 g collagen peptides for 12 weeks resulted in significant improvements in skin hydration, elasticity, roughness, and dermal density.⁴ A second controlled study showed that collagen peptides increased water content in the stratum corneum and epidermis and reduced transepidermal water loss, effects attributed to enhanced natural moisturising factor (NMF) levels.⁵

Evidence also demonstrates the efficacy of collagen peptides for joint health. Daily collagen peptide supplementation can improve joint pain, stiffness, and functional mobility, particularly in individuals experiencing activity-related discomfort or age-related cartilage degeneration. These effects are attributed to enhanced collagen synthesis within joint tissues and improved extracellular matrix density, both of which support long-term joint resilience and mobility.^{6, 7, 8, 9, 10}

BENEFITS OF HYALURONIC ACID, ZINC, VITAMIN C & BIOTIN

This formula pairs liposomal collagen with targeted synergistic nutrients that support youthful skin, healthy connective tissue, joint integrity, and maintenance of hair and nail strength.

Hyaluronic acid attracts and retains up to 1,000 times its weight in water, providing deep hydration, enhanced plumpness, and improved skin elasticity. In joints, hyaluronic acid is a key component of synovial fluid, supporting lubrication, shock absorption, and smooth mechanical movement. Supplementation helps maintain joint comfort by supporting fluid viscosity and cushioning.

Zinc is essential for collagen formation, skin repair, antioxidant defence, and regulation of inflammatory processes. It supports clearer skin, stronger hair and nails, and connective tissue renewal. In joint health, zinc contributes to cartilage turnover, tissue repair, and antioxidant protection, helping maintain the integrity of joint structures under mechanical stress.

Vitamin C is required for the enzymatic steps that build and stabilise collagen fibres, supporting firm, radiant skin and strong connective tissue. It provides potent antioxidant protection against environmental and metabolic stressors. In joints, vitamin C supports cartilage formation, reduces oxidative stress, and contributes to collagen synthesis within tendons and ligaments, supporting long-term joint health.

Biotin supports keratin production, promoting healthy, strong hair, nails, and skin. It is particularly beneficial for brittle nails and thinning hair, and supports metabolic pathways involved in cell renewal and tissue repair. While not a primary joint nutrient, adequate biotin status contributes to healthy connective tissues, complementing the effects of collagen and supporting overall structural integrity.

Together, these ingredients provide comprehensive beauty from within, joint-support, and connective tissue benefits, enhancing and extending the actions of liposomal collagen.

HEALTH NEEDS



JOINTS &
MUSCLES



SKIN, HAIR &
NAILS

SCIENTIFIC REFERENCES

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