

JOYŌME™ MULTI-ACTION COLLAGEN COMPLEX

Stay YOUTHful.

Aging happens, and that's a beautiful thing. Joyōme's Multi-Action Collagen Complex works in three key ways to help you sip your way to a youthful glow and enjoy the confidence that comes from filter-free, flawless skin.*



Support Your Glow From The Inside Out

Imagine a house without walls, or a bridge without beams. Like many things, your skin stays strong and smooth thanks to support from underneath – and that support comes from a complex protein called collagen. Early on, your body makes collagen naturally and abundantly. But, did you know that after your 20s collagen production slows by 68% over your lifetime?¹

When collagen levels are high, your skin feels hydrated, smooth, and firm. When they're low, wrinkles, sagging, and other signs of aging set in. But what if you could reduce this process and support your skin's youthfulness with every sip? Joyōme Multi-Action Collagen Complex is here to help with an advanced formula unlike anything else.*

Adding Years Has Never Looked So Good

Life is fun and exciting. You need skincare that keeps up with the pace. Joyōme Multi-Action Collagen Complex nourishes your skin with a unique three-step approach – all with a convenient, neutrally-flavored mix that lets you sip your way to a youthful glow. Simply add two scoops per day to your favorite beverage for reduced fine lines and wrinkles, and increased skin elasticity, smoothness, and hydration.*

Here's How It Works:

- 1. Support:** Get the collagen you need right now with highly-bioavailable forms of Type I and Type III marine and grass-fed bovine collagen, which supports healthy skin, hair, and nails.*
- 2. Boost:** Build for the future by enhancing your body's natural

ability to produce more collagen, which helps to strengthen your skin structure.*

- 3. Maintain:** Keep more of what you've got by inhibiting an enzyme responsible for collagen breakdown.*

What's inside?

This clean and safe multi-action formula features clinically-studied ingredients and a powerful beauty blend, enriched with FOS prebiotic, ceramides, biotin, vitamins C and E, and antioxidant-rich superfoods.

- 5 grams of highly-bioavailable Types I and III marine and grass-fed bovine hydrolyzed collagen to help strengthen the dermal matrix and promote collagen synthesis*
- FOS, the same prebiotic found in Joyōme's age-defying serums
- Ceramides to reduce skin dryness, hydrate and plump the skin, and improve elasticity*
- Biotin to support healthy skin, hair, and nails*
- Vitamins C and E to support cell function and skin health*
- Antioxidants from an unparalleled superfood blend to help strengthen the skin barrier and defend the skin against damaging environmental factors*

What's not inside?

We also wanted to leave out the questionable “stuff” that's commonly found in collagen products. That's why Joyōme Multi-Action Collagen Complex is:

- Dairy Free
- Gluten Free**
- Free of artificial colors, flavors, sweeteners, and preservatives

¹Varani et al. 2006. Decreased collagen production in chronologically aged skin: Roles of age-dependent alteration in fibroblast function and defective mechanical stimulation. *Am J Pathobiol.* 168(6): 1861-1868.

** The wheat has been processed to allow this Dietary Supplement to meet the Food and Drug Administration (FDA) requirements for gluten-free.

*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.

It's not just any collagen. It's the RIGHT collagen.

Collagen is a common protein, but it's not just *any* protein. It's unique. That's why increasing your dietary protein intake, or taking the wrong type of collagen, still won't provide you with the beauty-benefitting collagen your body needs. Understanding the different types of collagen is key.

Three Types to Know:

There are many types of collagen out there, but when it comes to collagen supplement products, there are three dominant types you'll see: Type I, Type II, and Type III.

Type I Collagen is a major structural component in skin, hair, and nails. It plays a major role in supporting skin elasticity, and minimizing the appearance of fine lines and wrinkles.*

Type II Collagen supports healthy bones, joints, and cartilage, but is not a collagen type that targets beauty benefits.

Type III Collagen is like Type I's sidekick. These two types of collagen are frequently found together inside the body, helping to support healthy skin, hair, and nails.*

Joyōme™ Multi-Action Collagen Complex features highly-bioavailable forms of hydrolyzed Types I and III collagen to provide targeted beauty benefits and head-turning results by working hand in hand with our other carefully-selected, age-defying skincare ingredients.

Less Weight = More Benefits

In the same way your body benefits from bioavailable forms of vitamins and minerals, your skin benefits from a peptide's low molecular weight. Non-hydrolyzed collagen peptides are larger, making them more difficult for your body to utilize. Joyōme Multi-Action Collagen Complex features hydrolyzed collagen at a lower molecular weight so your body can easily absorb these peptides, and you'll receive maximum collagen benefits.*

Sip. Glow. Repeat.

Add Joyōme Multi-Action Collagen Complex to your favorite smoothie or drink.

Your beauty routine has never tasted so good! Joyōme Multi-Action Collagen Complex was created with a neutral flavor and quick-dissolving formula to make it easier than ever to mix up your glow. Sprinkle it in with Plexus Slim® Microbiome Activating or Hunger Control. Or, get Lean and Active while taking your skincare to the next level.*

Primary Benefits:

- Helps strengthen the skin barrier and dermal matrix*
- Helps protect the skin's structural proteins*
- Collagen peptides stimulate collagen synthesis*
- Helps reduce collagen breakdown*
- Reduces crow's feet, fine lines, and wrinkles*
- Helps improve skin appearance and minimize unwanted signs of aging*
- Naturally derived ceramides help hydrate and plump skin from the inside out*
- Supports healthy hair, skin, and nails*
- Helps improve skin texture and reduce roughness*
- Supports and replenishes skin's natural antioxidants*

The Joyōme Multi-Action Collagen Complex Advantage:

- Results in as soon as 15 days[^]
- Collagen Types I and III
- Highly-bioavailable, low molecular weight of peptides
- Marine and grass-fed bovine hydrolyzed collagen
- Contains superfoods and superfruits
- Provides potent photo-protective antioxidants to help minimize skin damage caused by environmental factors*
- Contains FOS, the same prebiotic found in Joyōme® age-defying serums and the same ceramides found in the Illuminating Day Serum
- Neutral flavor can be added to any beverage

Who should use this product?

Joyōme Multi-Action Collagen Complex is perfect for anyone seeking an effortless skincare solution that works from the inside out to combat the signs of aging and perpetuate their natural glow. Whether you're in your 20s, taking the first steps toward a holistic skincare approach, or you're aging with confidence in your 30s, 40s, 50s, 60s and beyond, this convenient mix makes it easy to glow brighter at every stAGE. Joyōme Multi-Action Collagen Complex is not recommended for use by children under 18 because the product was formulated to meet the needs of adults.*

[^] Individual results will vary

*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.

Frequently Asked Questions

How do bovine and marine collagen differ and work together?

Bovine and marine are both beneficial forms of collagen – marine collagen is made from fish skin, while bovine collagen is made from cow skin or dermis. Both are beneficial in supporting beauty from within; both provide great health benefits. Bovine and marine collagen are both rich in the amino acid, hydroxyproline.

Bovine collagen is a rich source of amino acids and is a strong source of Types I and III collagen. It has high levels of collagen-specific peptides which are recognized by collagen producing cells as a signal to stimulate the body's innate collagen production.

Marine collagen is very bioavailable and focuses on Type I collagen. It is a highly beneficial beauty collagen source. The collagen peptides have antioxidant properties, which are important for supporting skin protection.*

How absorbable are the collagen peptides in the body?

The collagen in Joyōme™ Multi-Action Collagen Complex is hydrolyzed making it even more absorbable. Non-hydrolyzed collagen peptides are larger, making them more difficult for your body to utilize. Hydrolyzed collagen features a lower molecular weight so your body can absorb and utilize these peptides more easily.

How long after starting to take Joyōme Multi-Action Collagen Complex will you see results?

In a recent study, subjects using a key ingredient in Multi-Action Collagen Complex experienced improvements in skin hydration, skin elasticity, skin smoothness and appearance in just 15 days, with increased benefits after two months of use. Individual results will vary.*

How long will results of collagen last?

Results will occur while supplementing with Joyōme Multi-Action Collagen Complex. Supplementing with collagen is part of an individual's lifelong dedication to better health. If you discontinue usage of the collagen dietary supplement, you will stop seeing results. We recommend using Joyōme Multi-Action Collagen Complex as a daily product to continue the support and benefits that it provides.

How do collagen and gelatin differ?

Collagen is the protein found in animals and humans. Gelatin is denatured collagen, generally extracted from the bones and skins of cows, pigs, or fish. It is a form of collagen that we use in food. The collagen in Joyōme Multi-Action Collagen Complex is a much higher quality collagen product, it is not the same kind of collagen you would get in a packet of gelatin. Both are proteins made of amino acids, but the amino chains of collagen peptides have been cut into

smaller pieces through a specific hydrolysis process. Collagen peptides do not have the gelling functionality of gelatin and are soluble in cold water. They are highly digestible and bioavailable and used in dietary supplements and functional foods because of their proven health benefits.

Are there internal benefits in addition to external benefits?

The external benefits in Joyōme Multi-Action Collagen Complex come from the internal benefits. By strengthening the skin internally with the increase in collagen under the skin in the dermis, you receive the support that gives the external benefits you see in your skin.*

What should you mix Joyōme Multi-Action Collagen Complex in?

With its neutral flavor, Joyōme Multi-Action Collagen Complex can mix in a variety of drinks! It is a great mix-in for Lean, Slim Microbiome Activating and Hunger Control, Active, or your favorite hot or cold beverage, like coffee or smoothies.*

How will Joyōme Multi-Action Collagen Complex benefit hair and nail growth?

Joyōme Multi-Action Collagen Complex helps with hair and nail health through the inclusion of biotin. Specifically with nail health, Joyōme Multi-Action Collagen Complex strengthens nails and helps reduce nail splitting and peeling.*

What is the difference between the types of collagen?

Type I collagen is the most prevalent type of collagen in the body and is touted as a beauty collagen. It is highly recommended for hair, skin and nails benefits. Type I collagen is a major structural component of the skin.*

Type II is a more specialized collagen, as it is the main component of cartilage health.

Type III collagen is another beauty collagen. It is the second most abundant type in your skin. It is often used with Type I collagen to support skin elasticity and hydration.*

Joyōme Multi-Action Collagen Complex features highly-bioavailable forms of hydrolyzed Types I and III collagen to provide targeted beauty benefits and head-turning results by working hand in hand with our other carefully-selected, age-defying skincare ingredients. These collagen types are also rich in the unique amino acid hydroxyproline, which contains peptides that help naturally activate the body's collagen synthesis pathways.*

If I am taking a biotin supplement, can I replace that with the Joyōme Multi-Action Collagen Complex?

Yes! Joyōme Multi-Action Collagen Complex contains a full clinical amount of biotin in each serving, so this product can replace a biotin supplement for individuals already purchasing or using a biotin supplement.

* Individual results will vary

† 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.

Frequently Asked Questions

Who should take Joyōme™ Multi-Action Collagen Complex?

Joyōme Multi-Action Collagen Complex is for anyone who wants to love the skin they are in and help curb the natural loss of collagen overtime.*

Can you take Joyōme Multi-Action Collagen Complex with other products?

Yes, definitely! We recommend taking Joyōme Multi-Action Collagen Complex alongside the Joyōme® AM and PM serums daily to deliver clean, simple, effective skincare. The serums work hand-in-hand with collagen to address both internal and external factors contributing to aging for truly age-defying results!

In addition, we recommend pairing Joyōme Multi-Action Collagen Complex with Plexus Slim® to help hydrate and promote healthy fatty acids in the skin, Plexus XFactor Plus™ to help lighten skin, maintain healthy collagen levels through vitamin C, and help defend against free radical damage caused by environmental factors.*

When should you take Joyōme Multi-Action Collagen Complex?

Anytime! Joyōme Multi-Action Collagen Complex is an easy way to sip your way to a youthful glow and enjoy the confidence that comes from filter-free, flawless skin.*

How many servings of collagen can you take per day?

We recommend one serving of 2 level scoops daily mixed into your favorite beverage.

Is it safe to use collagen while pregnant or breast feeding?

If you are pregnant or nursing, you should consult your physician prior to beginning any new supplementation.

Can collagen be used by children under the age of 18?

Joyōme Multi-Action Collagen Complex is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

Is collagen gluten free?

Yes. Joyōme Multi-Action Collagen Complex is gluten free. While the ceramides do originate from wheat seed extract, they have been processed to allow this Dietary Supplement to meet the Food and Drug Administration (FDA) requirements for gluten free.

Does collagen contain any allergens?

Yes. Joyōme Multi-Action Collagen Complex does contain fish (salmon) and wheat seed extract in the form of ceramides. The wheat seed extract has been processed to allow the Dietary Supplement to meet the Food and Drug Administration (FDA) requirements for gluten free.

Ingredient Glossary

JOYŌME MULTI-ACTION COLLAGEN COMPLEX

Vitamin C (as Ascorbic acid): Vitamin C is an essential water-soluble vitamin that supports a wide range of functions in the human body including energy metabolism, antioxidant activity, and protection against the oxidative effects of free radicals, and can replenish other antioxidants. Vitamin C an essential co-factor for the enzymes involved in cross-linking collagen, which gives collagen its strength and elasticity.*

Vitamin E (as D-Alpha tocopheryl acetate): Vitamin E is the collective name for a group of lipid-based compounds that includes alpha, beta, gamma, and delta tocotrienols and tocopherols. It is an essential nutrient and is the most abundant antioxidant in the lipid fraction of the skin. Additionally, vitamin E in the skin is a photo-protective antioxidant to help defend the skin against damage caused by environmental aggressors.*

Biotin: Also called vitamin H, biotin is a water-soluble B vitamin that is an essential co-factor for various enzymes that are important for intermediary metabolite transformation in critical metabolic pathways that control gluconeogenesis (the metabolic pathway that results in the generation of glucose from certain non-carbohydrate substrates), fatty acid synthesis, and amino acid catabolism. Humans and other mammals cannot synthesize biotin and must get it from dietary sources or via synthesis from gut bacteria.*

Collagen Complex (Bovine and Salmon skin): Collagen is the most abundant protein in animals. There are 28 different types of collagen in humans and it constitutes nearly 30% of total protein in the body. Collagen makes up 75% of the dry weight of skin, with collagen Types I and III making up the overwhelming majority. Joyōme Collagen Complex is a hydrolyzed collagen from bovine and salmon skin; hydrolyzing provides increased absorption and bioavailability. Collagen is rich in the unique amino acid hydroxy-proline and it is these hydroxy-proline containing peptides that help naturally activate the body's collagen synthesis pathways.*

Fructo-oligosaccharides: Fructo-oligosaccharides is a prebiotic that occurs naturally in several plants such as asparagus, wheat, Jerusalem artichokes, and rye. It is composed of a mixture of oligosaccharides consisting of glucose linked to fructose that is indigestible by human digestive enzymes. This is the same prebiotic used in the Joyōme facial serums.*

Joyōme Multi-Action Collagen Complex Ingredients Glossary

Wheat Seed Extract:** A lipid extract from the wheat seed that is rich in plant ceramides. Ceramides are a special class of waxy membrane lipids and are the most abundant lipid in the outer layers of the skin. They are integral to the barrier integrity of the skin and its moisture retaining capabilities. Aging is associated with skin drying and a corresponding depletion of ceramide content in the skin. Oral ceramide ingestion can help increase skin ceramide content.*

Lucuma Fruit Powder (*Pouteria lucuma*): Known as the “Gold of the Incas,” or more commonly just as lucuma, it is a subtropical fruit native to the Andean mountain region of South America and is a common dietary staple in its native region. Lucuma possesses high antioxidant capacity due to its high concentration of triterpenes, flavonoids, and carotenes.*

Pomegranate Fruit Extract (*Punica granatum*): Pomegranate is a fruit bearing shrub native to the middle east and cultivated widely throughout the Mediterranean. The fruit is nutrient dense and rich in antioxidant phytonutrients, particularly anthocyanins.*

Asparagus Shoot (*Asparagus officinales*): A small shrub plant with one main stalk and numerous feathery leaves, asparagus is most commonly harvested while the stalks are still small and tender. It is a rich source of antioxidant flavonoids and saponins that are responsible for its health benefits.*

Okra Pod (*Abelmoschus esculentus*): A nutrient-rich vegetable that grows widely across tropical and subtropical regions. The seed pods are consumed and known for their viscous fiber content that gives it a slimy texture. It is naturally rich in various phytonutrients, including flavonoids, isoquercitrin, and quercetin.

Coffee Fruit Extract (*Coffea arabica*): The fruit, called the coffee cherry, is often discarded as a byproduct of coffee production, but is a rich source of antioxidant phytonutrients like chlorogenic, protocatechuic, and gallic acids.*

Quercetin (*Sophora japonica*): An antioxidant flavonol from Japanese sophora flower.*

Acerola Fruit Juice (*Malpighi glabra*): A tropical shrub with bright red cherry-like fruits. Its fruit is abundant in antioxidants like vitamin C, anthocyanins, flavonoids, and phenolics.*

Camu-Camu Fruit Juice (*Myrciaria dubia*): A tropical fruit native to the Amazon, rich in antioxidants due to its high content of vitamin C and polyphenols.*

Acai Palm Fruit (*Euterpe oleracea mart*): A palm plant native to the Amazon that bears large drooping clusters of its dark blue fruits that are rich in anthocyanins and polyphenol antioxidants.*

Mangosteen Fruit (*Garcinia mangostana*): A tropical fruit native to Southeast Asia with a deep purple skin, white flesh, and unique flavor. It is a rich source of uncommon phytonutrients known as xanthonoids.

Silicon Dioxide: Moisture controlling agent that improves flow of ingredients during packaging.

Maltodextrin: Maltodextrin is used as a carrier or processing aid in specific ingredients.

Natural Flavors: Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors are taken from essential oils, resins, essences or extracts.

** The wheat has been processed to allow this Dietary Supplement to meet the Food and Drug Administration (FDA) requirements for gluten-free.

*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.