

frequently asked questions

What makes Liquid Collagen unique?

A combination of ingredients paired for synergistic effects to be most effective. We use peptides from 10 types of collagen—many marine-sourced collagens only have a few types—so ours has more broad ingredients backed by science. Liquid Collagen also includes award-winning red quinoa that is grown, harvested, and processed at the farm. This means it's harvested at its peak, so you get the most potent phytonutrients and the highest amino acid content.

What is the shelf-life?

24 months.

Do I really need to take collagen?

Your collagen production begins to decline after age 25. You need a broad range of the right collagen types to ensure your skin gets what it needs to look healthy.

How does collagen work?

Amino acids from fish collagen peptides make up for what your body can no longer produce to replenish 10 types of collagen. And the activating botanicals—red quinoa and fruit extracts—supply nutrients that act like “vegan” collagen, which signals to your body to boost collagen production.

I put all my other TrueScience products on my skin. Can I apply Liquid Collagen topically?

No. Liquid Collagen is designed to be ingested, so you get your glow from within.

What fish do the collagen peptides come from?

Our fish collagen is responsibly caught tilapia and pangasius.

Is the fish in the collagen ethically/responsibly sourced?

Yes. Our supplier is committed to the highest quality and safety standards, helping to preserve natural resources and the environment, and enforcing all reasonable animal welfare measures.

Are chemicals used in the collagen/ingredient extraction process?

No. Water is the only solvent used in the extraction process.

Is Liquid Collagen non-GMO and gluten-free?

Yes.

Can I give Liquid Collagen to my pet?

We recommend using a collagen supplement specifically designed for animals.

Are the colors and sweeteners in Liquid Collagen from natural sources?

Our collagen has zero added sugars and no sweeteners! Our sugar and color are from fruit extracts, apple juice concentrate, and other natural sources.

How long will it take to see benefits from Liquid Collagen?

Change takes time. You may start to see results in 4 weeks, with continued improvement in 8 weeks.

Are there any other benefits to collagen supplements?

This is formulated for your skin, but you may also see improvements in your hair, nails, muscle, bones, and joints.

Are there other LifeVantage products I can add to my daily routine for youthful, healthy-looking skin?

Protandim® Nrf2 Synergizer® helps provide antioxidant protection from within. Omega+™ provides important fatty acids, and some research shows that lutein, which is found in IC Bright™, supports skin elasticity. You can get the benefits of skin care powered by Nrf2 ingredients, shown to visibly reduce signs of aging, with the TrueScience® Beauty System.

Can I mix Liquid Collagen with other food or drink?

Yes. Just be careful not to heat it excessively, as it may break down active ingredients. It tastes great chilled! You can add it to any beverage, such as your favorite smoothie, for its delicious Appleberry flavor. Liquid Collagen can be taken with or without food.

Do I need to store Liquid Collagen in the refrigerator?

Refrigeration is not required, but some people prefer the taste when it's chilled. Once opened, you must refrigerate any remaining collagen if you don't consume it all at once.

Can I get the same benefits from a product labeled "vegan" collagen? What's the difference?

Vegan collagen doesn't actually contain any collagen peptides, which are nutrients that help boost your body's natural ability to produce collagen (a process that slows down significantly around the age of 30). Collagen from animals are actual forms of collagen proteins to make up for what your body can no longer produce. Liquid Collagen has both, so it helps your body's natural process and provides actual collagen proteins.

It seems like I can get a lot more collagen from a powder. Why did LifeVantage decide on a liquid collagen? Am I getting enough with the liquid?

Large collagen protein pieces are hard to digest. They need to be broken down by enzymes. Liquid Collagen uses hydrolyzed collagen—chopped up into smaller pieces—so your body doesn't have to break them down. This makes it easier to absorb and utilize. Hydrolyzed collagen pieces (also called peptides) are highly water-soluble whereas a regular collagen is not, so the most efficient form is a liquid.

Is there vitamin C in Liquid Collagen?

The amount has not been measured, but green acerola and other fruits are known sources of vitamin C.

Are there Nrf2 ingredients in Liquid Collagen?

No, but the red quinoa has been shown to increase levels of catalase—an antioxidant your body naturally produces—in the skin. We recommend Nrf2 Synergizer® for more complete antioxidant support for your skin.