BODYBALANCE®
Always in Shape

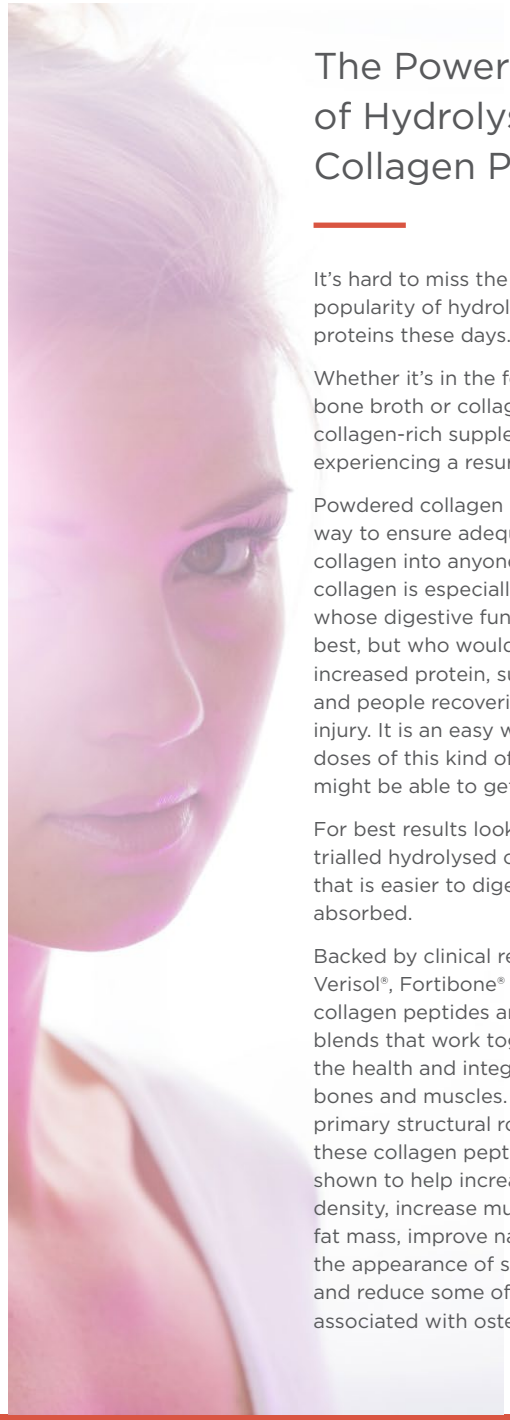
BODYBALANCE® for perfect body composition and an active lifestyle

To retain an optimal body composition and to support an active lifestyle, GELITA has developed BODYBALANCE®. These highly specialized collagen peptides have been shown to decrease fat mass, increase lean body mass and to provide more muscle strength in combination with resistance training.

BODYBALANCE® specifically works on two main components of the human body; Lean body mass and fat mass via stimulation of the mTOR and AMPK pathways.

The mTOR pathway is essential for protein metabolism, which ensures a balance between protein synthesis and protein degradation, whilst AMPK pathway stimulation leads to an increase in fatty acid metabolism and an increase in energy for cells resulting in a reduction of fat mass.

Clinically proven to increase muscle strength and reduce fat mass Several randomised, placebo controlled, double blinded studies have demonstrated the efficacy of BODYBALANCE® collagen peptide when combined with resistance training. The results showing an increase in fat free mass, muscle strength, and a higher reduction in fat mass.



The Power of Hydrolysed Collagen Proteins

It's hard to miss the exploding popularity of hydrolysed collagen proteins these days.

Whether it's in the form of homemade bone broth or collagen powders, collagen-rich supplements are certainly experiencing a resurgence.

Powdered collagen protein is an ideal way to ensure adequate intake of collagen into anyone's diet. Hydrolysed collagen is especially helpful for people whose digestive function isn't at its best, but who would likely benefit from increased protein, such as the elderly and people recovering from physical injury. It is an easy way to get higher doses of this kind of protein than you might be able to get from food sources.

For best results look for a clinically trialled hydrolysed collagen source that is easier to digest and is better absorbed.

Backed by clinical research, Fortigel®, Verisol®, Fortibone® and Bodybalance® collagen peptides are patented collagen blends that work together to support the health and integrity of skin, joints, bones and muscles. Because of its primary structural role in certain tissues, these collagen peptides have been shown to help increase bone mineral density, increase muscle mass, decrease fat mass, improve nail growth, improve the appearance of skin wrinkles, and reduce some of the symptoms associated with osteoarthritis.

designs for health® Australia

COLLAGEN

Restoring Health from the Inside Out

FORTIGEL®
The Joint Health Revolution

FORTIGEL® keeps people physically active and mobile

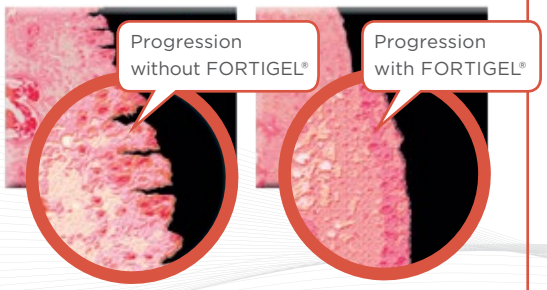
Today, every fourth person suffers from joint problems and the number is constantly increasing. The principal cause is wear and tear of the joint cartilage brought about by age, over exercise and stressed joints. But there is help available for those in need of joint support.

Developed by GELITA, FORTIGEL® is an innovative ingredient for the regeneration of joint cartilage. Collagenous protein makes up nearly 70% of cartilage mass. Optimized specific collagen peptides of FORTIGEL® have been proven to activate the growth of new cartilage by stimulating cells helping to ease joint discomfort and make the joints smooth and mobile. By keeping people physically active and mobile, FORTIGEL®. can improve quality of life.

FORTIGEL® promotes growth of cartilage tissue

The effectiveness of FORTIGEL® has been scientifically proven in numerous studies. According to published research, orally administered FORTIGEL® is absorbed intestinally and accumulates in cartilage. The ingestion of FORTIGEL® stimulates a statistically significant increase of cartilage tissue metabolism.

Change in the joint cartilage after 3 months (tissue sections*)



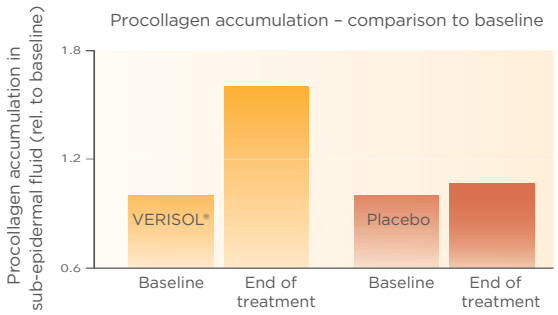
*Oesser S et al. (2007) Osteoarthritis Cartilage 15: C61-C62, 94, adapted

VERISOL®
Beauty from Within

Use the natural power of collagen – with VERISOL®

Collagen is the major structural component of skin, comprising about 80% of its dry weight. Skin properties are known to be affected by endogenous and environmental factors including aging, ultraviolet radiation, hormones and nutrition. VERISOL® can stimulate skin metabolism and counteract the loss of collagenous extracellular matrix from the inside. Consumers who ingest the natural Bioactive Collagen Peptides VERISOL® specially optimized for beauty applications can experience noticeably firmer and smoother skin with fewer wrinkles. The positive effect of VERISOL® also shows in an improved skin surface structure, reducing cellulite and a faster nail growth with reportedly less chipping of fingernails.

VERISOL® significantly reduces wrinkles: The collagen in the skin increases by 60%.



Higher skin elasticity and reduction of wrinkles

A study with 69 women aged between 35 and 55 years revealed that VERISOL® leads to significantly higher skin elasticity – up to 15 % – compared to placebo treatment.

A second study with more than 100 women aged between 45 and 65 years shows that the oral administration of VERISOL® (2.5 g/day) significantly reduces wrinkles after 4 weeks and leads to a significantly higher skin procollagen concentration.

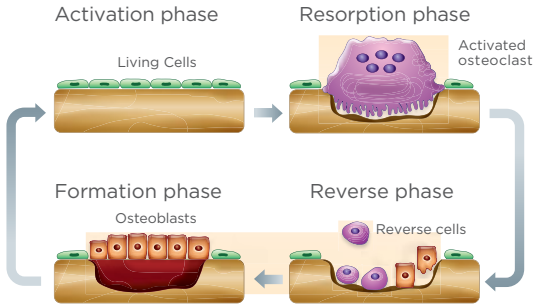
FORTIBONE®
Collagen Matrix Stimulation

FORTIBONE® stimulates synthesis of bone collagen matrix

The specific peptides of FORTIBONE® stimulate bone cells to increase the synthesis of bone components such as collagen. They have a kind of 'signaling effect' on osteoblasts to counterbalance the collagen degradation in the extracellular bone matrix, which is the essential framework for bone mineralization. In addition FORTIBONE® influences degenerative processes in bones by reducing osteoclast activity. The result is a considerably higher synthesis of collagenous bone matrix.

Clinically proven to promote bone health

A single-center, prospective, randomized, placebo-controlled, double-blinded study showed the potential of FORTIBONE®. Over a period of 12 months, 180 women with reduced bone mass participated in a therapy with daily intake of 5 g FORTIBONE® or placebo. Changes in bone mass density were measured in the spine and femoral neck of the participants detected by DXA scans.

FORTIBONE® consumption showed a significant improvement of bone density. The results showed a pronounced increase in BMD (Bone Mineral Density) after FORTIBONE® supplementation in women suffering from osteopenia or osteoporosis. The results indicate an anabolic effect. FORTIBONE® is an interesting option to counteract bone degeneration.

Bone metabolism