



Benefits of Hydrolyzed Gelatin

KEY TERMS TO DEFINE:

- > **GELATIN** – a type of protein derived from collagen; forms a gel-like substance when mixed with water which makes it more practical for cooking, and is easier to digest
- > **COLLAGEN** – the most abundant protein in the human body; the KEY BUILDER of healthy skin, muscle, tendons, joints, bones, and other tissues; the “glue” that holds our body together; in its natural form, collagen does not form a gel-like substance when mixed with water

TOP 8 HEALTH BENEFITS OF GELATIN

- 1 IMPROVES DIGESTION**
 - Prevents intestinal damage and improves the lining of the digestive tract (*fun fact, the gut lining is one of body's most important line of defense)
 - Consequences of poor gut health → leaky gut syndrome → particles from food and bacteria leak out of the gut into the bloodstream → cause inflammation → gelatin helps to improve the ability to produce gastric enzymes and secretions needed for proper nutrient absorption
- 2 PROTECTS YOUR JOINTS**
 - As we age → collagen breaks down → joint stiffness, pain, limited mobility → gelatin can help reduce pain and impairments in joint function
- 3 IMPROVES SLEEP QUALITY**
 - gelatin supplementation of 3 grams → shortens the time it takes to fall asleep AND improves overall sleep cycles → reduces daytime sleepiness/drowsiness = enhanced cognitive function
- 4 LIFTS MOOD AND IMPROVES COGNITION**
 - Glycine (amino acid found in gelatin) → ↓ release of stress hormones, while ↑ release of “happy” hormones = boost to ones' mental clarity and calmness
- 5 IMPROVES SKIN HEALTH**
 - Collagen is the primary building block for skin
 - As we age → collagen depleted → develop cellulite, loose skin and fine lines → gelatin helps stimulate new collagen formation = restores skin durability + helps to maintain strong skin, hair, nails and teeth
- 6 MAINTAINS OPTIMAL HEART HEALTH**
 - When we consume animal protein (i.e. chicken, turkey, eggs) we acquire an amino acid known as methionine → ↑ methionine = ↑ homocysteine levels = ↑ inflammation levels and risk of heart related diseases → gelatin helps to neutralize methionine and helps to provide a balance of important amino acids needed for optimal health
- 7 MAINTAINS STRONG BONES**
 - Gelatin is rich in nutrients essential for bone health - calcium, phosphorus, magnesium, silicon and sulfur → helps to form bones, prevent fractures, and improve bone healing
- 8 ENHANCES SATIETY**
 - Some studies have found that supplementing with 20 grams of gelatin helps to increase satiety and control certain hunger hormones, namely increasing the production of leptin (the “satiety” hormone) and decreasing the production of ghrelin (the “hunger” hormone)

