



Overnight Oats Recipe, with Variations

Category: Breakfasts

Servings: 1

Time: Overnight

Calories: 246

Author: Holly Darnell, RD

For an easy make-ahead breakfast, look no further than this classic overnight oats recipe. You can also customize with some of the options below.

Ingredients

Basic overnight oats

- ½ cup old fashioned oats
- 1 tablespoon chia seeds
- 1 teaspoon maple syrup
- pinch of sea salt, optional
- ¼ cup Greek yogurt (reduced fat or whole) or coconut yogurt, optional
- ⅔ cup unsweetened almond milk (or another milk)

Variations

Collagen and berries overnight oats

- base recipe
- 1 scoop [Multi Collagen Protein](#)
- ½ cup berries
- top with berries

Mocha overnight oats

- base recipe
- ¼ cup coffee (or cold brew)
- ½ tablespoon honey
- 1 scoop Ancient Nutrition [Multi Protein Dark Chocolate + Creatine](#)
- 1 tablespoon almond flour
- 1 tablespoon mini dark chocolate chips (optional)

Salted caramel overnight oats

- base recipe
- 1 scoop Ancient Nutrition [Salted Caramel Bone Broth Protein](#)
- 1 teaspoon cinnamon
- 1 tablespoon almond butter
- top with sliced banana, chopped nuts and cacao nibs

Gingerbread overnight oats

- base recipe
- 1 scoop Multi Collagen Protein
- 1 teaspoon molasses
- 1 teaspoon vanilla extract
- ½ teaspoon ginger
- 1 teaspoon cinnamon

- ¼ teaspoon cloves
- top with pecans or walnuts

Peach cobbler overnight oats

- base recipe
- half a peach, sliced
- top with granola

Banana bread overnight oats

- base recipe
- half a banana, mashed
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- top with sliced banana and chopped walnuts

Almond butter and jam overnight oats

- base recipe
- 1 tablespoon almond butter (or peanut butter)
- ½ tablespoon low-sugar jam
- top with berries

Apple pie overnight oats

- base recipe
- ¼ cup unsweetened applesauce
- ¼ teaspoon cinnamon
- top with chopped apple and pecans

Directions

1. Make the basic overnight oats recipe. In a Mason jar or similar glass jar, add oats, chia seeds, maple syrup, and optional salt and yogurt. Pour in the almond milk and mix until well combined. Make sure that the chia seeds aren't clumping

at the side or bottom. Cover and refrigerate overnight. The recipe will stay good for up to 5 days.

2. In the morning, remove from the fridge and take off the top. Stir again and then add your chosen toppings and dig in.
3. For each of the variations, add the additional ingredients (except for the topping) into the base mixture and stir well. Like the basic recipe, simply refrigerate overnight and consume within the next 5 days. When ready to eat, remove from the fridge, remove the lid and stir. Add your topping and eat when ready.

Nutrition

One serving of overnight oats (286 g) contains:

- Calories: 246
- Total Carbohydrate: 40.5 g
- Fiber: 9.9 g
- Sugar: 7.1 g
- Total Fat: 11.7 g
- Saturated Fat: 2.4 g
- Polyunsaturated Fat: 5.2 g
- Monounsaturated Fat: 3.3 g
- Trans Fat: 0 g
- Cholesterol: 8 mg
- Protein: 12.2 g
- Sodium: 268 mg (18% DV*)
- Manganese: 2.625 mg (146% DV)
- Phosphorus: 414 mg (59% DV)
- Copper: 0.45 mg (50% DV)
- Magnesium: 144 mg (46% DV)
- Thiamin (vitamin B1): 0.423 (38% DV)
- Zinc: 2.84 mg (36% DV)

- Riboflavin (vitamin B2): 0.305 mg (28% DV)
- Calcium: 226 mg (23% DV)
- Iron: 3.22 mg (18% DV)
- Selenium: 9.9 mcg (18% DV)
- Pantothenic acid (vitamin B5): 0.79 mg (16% DV)
- Niacin (vitamin B3): 1.924 mg (14% DV)

**Daily Value: Percentages are based on a diet of 2,000 calories a day.*



Green Goddess Dressing Recipe

Servings: 6

Time: 10 min

Calories: 126

Author: Holly Darnell, RD

Green goddess dressing is typically store-bought or had at a restaurant, but did you know you can easily make your own that tastes just as good yet is also much healthier? Here's a recipe full of nutritious goodness plus even some collagen for skin, joint and gut benefits.

Ingredients

- 3 cloves garlic, minced

- 1 avocado, pitted
- 1 cup Greek yogurt
- ½ cup parsley
- ¼ cup dill
- ¼ cup cilantro
- 2 tablespoons chopped chives
- 2 scoops [Multi Collagen Protein Powder](#)
- 1 teaspoon sea salt
- ½ teaspoon cracked black pepper
- 1 lemon, juiced (2 tablespoons)
- 2 teaspoons [Herbal Cider Vinegar tincture](#) (or apple cider vinegar)
- 2 tablespoons olive oil

Directions

1. In a food processor (or blender), add in the garlic, Greek yogurt, parsley, dill, cilantro, chives, collagen powder, sea salt, pepper, lemon juice, cider vinegar and olive oil.
2. Pulse until well combined.
3. Dressing can be used immediately or stored in an airtight container in the refrigerator for up to 5 days.
4. Serve as a salad dressing or dip for vegetables.

Nutrition

1 serving (98 g) contains:

- Calories: 126
- Total Carbohydrates: 6.4 g
 - Fiber: 2.6 g
 - Sugar: 2.4 g
- Total Fat: 10.8 g

- Saturated Fat: 2.2 g
- Polyunsaturated Fat: 1.1 g
- Monounsaturated Fat: 7 g
- Trans Fat: 0 g
- Protein: 2.4 g
- Cholesterol: 5 mg
- Sodium: 219 mg (15% DV*)
- Vitamin K: 96 mcg (107% DV)

*Daily Value: Percentages are based on a diet of 2,000 calories a day.



Banana Nut Muffins Recipe

Category: Snacks, Breakfasts

Servings: 12

Time: 30 min

Calories: 202

Author: Ethan Boldt

Looking for a delicious morning muffin or afternoon snack, make up these collagen-filled banana nut muffins that come with benefits!

Ingredients

- 2 eggs
- 2 very ripe bananas, mashed
- ¼ cup water
- ½ cup maple syrup
- 1 cup almond flour
- 1 cup gluten-free sprouted flour blend
- 4 scoops [Multi Collagen Protein](#)
- 1 teaspoon cinnamon
- ½ teaspoon sea salt
- 2 teaspoons baking soda
- ½ cup walnut pieces

Toppings:

- 1 banana, cut in half and thinly sliced
- ¼ cup walnut pieces

Directions

1. Preheat oven to 350 F.
2. Mix all the wet ingredients in a large bowl, starting with whisking the eggs.
3. Add the dry ingredients and stir, being careful to not overmix.
4. Fill greased or paper-lined muffin cups 2/3 full.
5. Add banana slices and walnuts on top and bake for 18 to 20 minutes.
6. Remove from oven and allow to cool for 10 minutes.

Nutrition

One banana nut muffin (80 g) contains:

- Calories: 202
- Total Carbohydrate: 16.1 g

- Fiber: 3 g
- Sugar: 12.3 g
- Total Fat: 8.8 g
- Saturated Fat: 1 g
- Unsaturated Fat: 7.3 g
- Trans Fat: 0 g
- Cholesterol: 27 mg
- Protein: 7.7 g
- Sodium: 320 mg (21% DV*)

**Daily Value: Percentages are based on a diet of 2,000 calories a day.*



Peanut Butter Protein Balls Recipe

Category: Snacks, Desserts

Servings: 20

Time: 10 min

Calories: 127

Author: Ethan Boldt

Looking for an easy, quick and delicious snack that also hits all the right notes, with sweetness and texture, plus is filling? These peanut butter protein balls will hit the mark in all respects.

Ingredients

- 1 cup creamy peanut butter
- ¼ cup maple syrup
- 4 scoops [Multi Collagen Protein](#) (unflavored or vanilla) or 2 scoops [Multi Protein Plant-Based Vanilla](#)
- 1 cup old-fashioned oats
- 2 tablespoons ground flaxseed
- ⅛ teaspoon fine sea salt
- ¼ cup mini dark chocolate chips
- 1 teaspoon cinnamon, optional

Directions

1. In a large bowl, mix the peanut butter, maple syrup and protein powder until smooth.
2. Stir in the oats, ground flaxseed, sea salt and optional cinnamon, then fold in the chocolate chips.
3. Roll the mixture into bite-sized balls.
4. Chill for 30–60 minutes until firm.
5. Store in the refrigerator and enjoy.

Nutrition

One peanut butter protein ball (26 g) contains:

• Calories: 127 • Total Carbohydrate: 10.8 g • Fiber: 2.1 g • Sugar: 4.3 g • Total Fat: 8.3 g • Saturated Fat: 1.9 g • Unsaturated Fat: 5.9 g • Trans Fat: 0 g • Cholesterol: 0 mg • Protein: 6.1 g • Sodium: 72 mg (5% DV*) • Manganese: 0.738 mg (41% DV) • Magnesium: 45 mg (15% DV) • Phosphorus: 101 mg (14% DV) • Copper: 0.128 mg (14% DV) • Vitamin B3: 1.805 mg (13% DV)

*Daily Value: Percentages are based on a diet of 2,000 calories a day.



Protein Coffee Recipe

Category: Beverages

Servings: 1

Time: 10 min

Calories: 120

Author: Holly Darnell, RD

Protein coffee is bring together morning iced coffee (often cold brew) with a protein powder, of which collagen can be the best option. It's a perfect high-protein, low-carb way to start the day.

Ingredients

Homemade cold brew (or use store-bought)

- ¼ cup ground coffee, medium or dark roast
- 1 cup cold water
- 2 scoops [Multi Collagen Protein Cold Brew](#), optional

Protein coffee

- 8 ounces cold brew (above) or cold black coffee
- 2 scoops [Multi Collagen Protein](#) unflavored (or 1 scoop [Multi Collagen Advanced Lean](#) or [Whey Protein Vanilla Bean](#) or [Multi Protein Plant-Based](#))

- 1 teaspoon maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon, optional
- ¼ cup unsweetened almond milk, oat milk or regular milk
- ice

Directions

1. Unless you buy it pre-made, you'll need to make the cold brew. In a jar, stir together coffee and cold water. Cover and let rest at room temperature overnight or 12 hours.
2. Strain twice through a coffee filter or a fine-mesh sieve lined with a cheesecloth. Water can be added to dilute, if desired.
3. Optionally, for an extra high-protein coffee, add in Multi Collagen Protein Cold Brew powder and froth well.
4. In a medium bowl or Mason jar, add cold brew, 2 scoops Multi Collagen Protein, maple syrup, vanilla extract, and cinnamon. Use a milk frother to blend together until completely combined.
5. In a glass or coffee cup, add ice. Pour coffee into the glass and top with almond milk or oat milk. You can also optionally top with frothed coconut milk, coconut whipped cream, cacao nibs or sprinkled cocoa powder.

Nutrition

One serving (296 g) contains:

- Calories: 120
- Total Carbohydrates: 9.2 g
- Fiber: 0.6 g
- Sugar: 8 g
- Total Fat: 0.7 g
- Saturated Fat: 0 g
- Polyunsaturated Fat: 0.1 g
- Monounsaturated Fat: 0.4 g

- Trans Fat: 0 g
- Protein: 18.6 g
- Cholesterol: 0 mg
- Sodium: 43 mg (3% DV*)
- Vitamin C: 180 mg (200% DV)

**Daily Value: Percentages are based on a diet of 2,000 calories a day.*



Thai Coconut Chicken Collagen Soup Recipe

Category: Soups, Lunches

Servings: 8

Time: 50 min (Prep time: 20 min; Cook time: 30 min)

Calories: 538

Author: Ethan Boldt

Want to make up some Thai food at home? This one is a winner, and it's a perfectly balanced macronutrient meal, with 28 grams of carbs, 34 grams of fat and 34 grams of protein in each bowl.

Ingredients

- 4 cups low-sodium chicken broth (or 3 scoops of [Bone Broth Protein Chicken Soup](#) mixed with 4 cups of water)

- 1 scoop [Multi Collagen Protein](#)
- 2 stalks lemongrass, cut in half and smashed
- 1 medium knob of ginger, peeled and coarsely chopped
- 1–2 chili peppers (optional)
- 3 cans reduced fat (or light) coconut milk (13.5 oz each)
- 1 jar Thai red curry paste (4 oz)
- 2 tablespoons grass-fed butter or coconut oil
- 2 pounds boneless skinless chicken thighs, chopped
- 2 red onions, chopped
- 1 large Japanese sweet potatoes, diced
- 1 head broccoli, chopped
- 1 can bamboo shoots, drained (13.5 oz)
- 1 bunch scallions, chopped
- 2 limes, juiced

Directions

1. In a large pot or Dutch oven, bring the broth, lemongrass, ginger, and optional chili peppers to a boil over medium-high heat. Decrease heat to medium-low and simmer while you prepare the rest of the ingredients.
2. In a medium pot, heat the coconut milk to a low boil over medium-high heat. Add the red curry paste and Multi Collagen Protein, whisk to combine until smooth and fully incorporated. Turn off heat and set aside.
3. In a large skillet, heat the butter or oil over medium heat. Once the butter is melted or the oil is shimmering, add the chicken thighs and cook for 5 minutes, stirring occasionally. Add the onions and sweet potatoes and cook 5 minutes more. Turn off heat and set aside.
4. Remove the lemongrass, ginger and chili peppers from the broth with a handled sieve or slotted spoon and discard.
5. Increase heat to medium and add the coconut-curry mixture, chicken and vegetable saute, broccoli, and bamboo shoots. Simmer for 10 minutes.

6. Turn off the heat and add the scallions and lime juice. Stir, cover and allow the soup to rest for 10 minutes to allow the flavors to marry.



Collagen Brownie Recipe

Category: Desserts

Servings: 12

Time: 35 min

Calories: 204

Author: Cara Clark, CN

Everyone loves a brownie but the sugar and lack of protein? Not so much. Here you have one of the best proteins (collagen), and it doesn't interfere with the sublime taste and fudgy texture.

Ingredients

- ½ cup butter or coconut oil
- ½ cup maple syrup
- 2 eggs
- 2 teaspoons vanilla extract
- ¼ cup almond butter
- 1 cup gluten-free flour

- ½ cup cacao
- ½ teaspoon baking powder
- 4 scoops Ancient Nutrition's [Multi Collagen Protein](#)
- ½ cup dark chocolate chips, optional

Directions

1. Preheat your oven to 350°F and line an 8×8-inch baking dish with parchment paper or lightly grease it.
2. Melt the butter or coconut oil over low heat or in the microwave. Pour it into a mixing bowl, then whisk in the maple syrup, eggs, vanilla extract and almond butter until smooth.
3. Add the gluten-free flour, cacao powder and collagen peptides. Stir just until combined, being careful not to overmix.
4. If using chocolate chips, gently fold them into the batter.
5. Spread the batter evenly in the prepared baking dish and bake for 20–25 minutes, until the center is set but still soft for a fudgy texture.
6. Let the brownies cool in the pan for 15 minutes, then slice into squares and enjoy.

Nutrition

One collagen brownie (50 g) contains:

- Calories: 204
- Total Carbohydrate: 20.1 g
- Fiber: 1.9 g
- Sugar: 8.5 g
- Total Fat: 11.8 g
- Saturated Fat: 5.7 g
- Polyunsaturated Fat: 1.2 g
- Monounsaturated Fat: 4.1 g
- Trans Fat: 0.3 g

- Cholesterol: 48 mg
- Protein: 6.8 g
- Sodium: 26 mg (2% DV*)
- Vitamin C: 30 mg (30% DV**)
- Vitamin B2 (riboflavin): 0.321 mg (29% DV)
- Vitamin A: 276 IU (12% DV)
- Manganese: 0.703 mg (39% DV)
- Copper: 0.203 mg (23% DV)
- Phosphorus: 95 mg (14% DV)
- Magnesium: 38 mg (12% DV)
- Selenium: 6.6 mcg (12% DV)
- Zinc: 0.77 mg (10% DV)

**Daily Value: Percentages are based on a diet of 2,000 calories a day.*

***This DV percentage due to Multi Collagen Protein ingredient.*



Matcha Latte Recipe

Servings: 1

Time: 3 min

Calories: 63

Author: Ethan Boldt

Combined with your collagen courtesy of Collagen Matcha Energizer powder, this matcha latte makes a great (and great tasting!) way to give your daily health and wellness routine a boost.

Ingredients

- 6 ounces almond or coconut milk
- 1 scoop [Collagen Matcha Energizer](#)
- 1 teaspoon maple syrup or half-dropper stevia (optional)

Directions

1. In a tea kettle or small pot, warm either almond milk or light coconut milk.
2. Once it's warm, add the milk to a high-speed blender. Add one scoop of Collagen Matcha. If you'd like to sweeten your matcha green tea latte a bit more (the powder is already sweetened with stevia), you may add a touch of maple syrup or stevia.
3. Blend until well-combined and frothy. Pour into your favorite mug.

Nutrition

Calories 63, **Carbs** 2 grams, **Fiber** 0.6 grams, **Sugar** 0.2 grams, **Fat** 3.4 grams, **Saturated Fat** 0.2 grams, **Unsaturated Fat** 2.1 grams, **Trans Fat** 0 grams, **Cholesterol** 0 milligrams, **Protein** 6 grams, **Sodium** 0 milligrams



Dr. Axe's Immune Supporting Bowl

Meal Type: Soups, Dinners

Diet Type: Gluten-free, Keto, Low-carb, Paleo

Servings: 8

Prep Time: 5 min

Cook Time: 35 min

Total Time: 40 min

Ingredients:

- 1 tablespoon coconut oil
- 1/2 onion, diced
- 2 pounds boneless, skinless chicken thighs, cut into bite-size pieces
- 8 cups chicken bone broth (or 8 scoops Bone Broth Protein or Multi Collagen Protein mixed with 8 cups water)
- 1 head cauliflower, cored and chopped
- 2 cups chopped shiitake mushrooms
- 1/4 cup white miso paste (chickpea or soybean)
- 3 cups stemmed and chopped kale

Directions:

1. Heat the coconut oil in a large soup pot over medium heat. Add the onion and chicken thighs and cook, stirring frequently, until browned, about 10 minutes.
2. Stir in the broth, cauliflower, mushrooms and miso. Bring to a boil then turn the heat to medium-low.
3. Stir in kale. Cover the pot and let the soup simmer for 25 minutes, until the cauliflower is cooked through.

Nutrition Facts

- Serving Size: one 12 oz. bowl
- Calories: 382
- Total Carbohydrates: 6.7g
- Fiber: 1.7g
- Sugar: 2.1g
- Total Fat: 21.2g
- Unsaturated Fat: 12.3g
- Saturated Fat: 6.7g
- Protein: 40.9g
- Cholesterol: 111mg
- Potassium: 683mg (15% DV*)
- Sodium: 595mg (34% DV*)
- Vitamin A: 696 IU (30% DV*)
- Vitamin C: 24.2mg (32% DV*)

*Percentages are based on a diet of 2000 calories a day.



Sheet Pan Pancakes

Category: Breakfasts

Servings: 12

Time: 45 min (Prep time: 15 min; Cook time: 15 min)

Calories: 157

Author: Holly Darnell, RD

Everybody has had pancakes, but sheet pan pancakes? These are a fun new breakfast trend that's also fun to whip up and even better to consume.

Ingredients

- 2 cups gluten-free flour blend* or store-bought Paleo flour
- 4 scoops [Multi Collagen Protein Vanilla](#)
- 2 tablespoons coconut sugar
- 1 tablespoon baking powder
- ½ teaspoon sea salt
- 1½ cups unsweetened almond milk
- 2 eggs
- 4 tablespoons unsalted butter, melted *

- 1 teaspoon vanilla extract
- Toppings of choice: blueberries, strawberries, sweet cacao nibs, banana

* Gluten-free flour blend: 1½ cups almond flour, 1 cup arrowroot flour, 1 cup coconut flour, ½ cup tapioca flour.

Directions

1. Preheat the oven to 425. Spray a one-quarter size sheet pan with coconut oil and set aside.
2. In a medium bowl, add in dry ingredients: gluten-free flour, vanilla collagen powder, coconut sugar, baking powder, and sea salt. Whisk together until combined.
3. Add in wet ingredients: almond milk, eggs, butter or coconut oil (melted), and vanilla extract. Whisk until combined and lumps of flour no longer remain.
4. Pour the pancake batter to the pan and smooth evenly with the back of a rubber spatula. Add blueberries in one quadrant, strawberries in another, bananas in another, and cacao nibs in the last quadrant. Bake until golden and cooked throughout, about 15-17 minutes.
5. Divide into 12 squares and serve. Drizzle each pancake with maple syrup or powdered monk fruit with squeezed lemon.
6. To store, put in the refrigerator in an airtight container. Sheet pan pancakes will last for up to 4-5 days.

Nutrition

1 serving (55 g) contains:

- Calories: 157
- Total Carbohydrates: 20.1 g
- Fiber: 2.8 g
- Sugar: 4.1 g
- Total Fat: 6.1 g
- Saturated Fat: 3.1 g
- Polyunsaturated Fat: 0.7 g

- Monounsaturated Fat: 1.8 g
- Trans Fat: 0.16 g
- Protein: 7.1 g
- Cholesterol: 37 mg
- Sodium: 109 mg (7% DV*)
- Manganese: 0.922 mg (51% DV)
- Vitamin C: 30 mg (34% DV)
- Selenium: 14.9 mcg (27% DV)

*Daily Value: Percentages are based on a diet of 2,000 calories a day.



Berry Collagen Protein Smoothie

Category: Beverages

Servings: 1

Time: 3 min

Calories: 369

Author: Ethan Boldt

This berry protein smoothie recipe is loaded with collagen, healthy fats and energizing carbs. As a result, it's great for breakfast or post-workout.

Ingredients

- 5 ounces full-fat coconut milk
- 1 scoop [Multi Collagen Protein Vanilla](#) (or turn this into a chocolate berry smoothie by using Multi Collagen Protein Chocolate)
- 1 cup frozen berries (no sugar added), such as mixed berries
- ½ teaspoon cinnamon

Directions

1. Place ingredients in a high-powered blender.
2. Blend into smooth. Add cold water if you desire the smoothie to be more liquid-like.

Nutrition

Serving Size 1 smoothie Calories 369, Carbs 23.5 grams, Fiber 4.9 grams, Sugar 13.1 grams, Fat 28.2 grams, Saturated Fat 24.2 grams, Unsaturated Fat 2 grams, Trans Fat 0 grams, Cholesterol 0 milligrams, Protein 12.3 grams, Sodium 18 milligrams (1% DV*), Vitamin C 90 milligrams (100% DV*)

*Percentages are based on a diet of 2,000 calories a day.



Protein Hot Chocolate

Category: Beverages, Desserts

Servings: 1

Time: 5 min

Calories: 241

Author: Lilly Drucis

The colder seasons and hot chocolate are synonymous. Now try this high-protein version with collagen for better nutrition that will keep you deliciously full for hours.

Ingredients

- 1½ cups milk (or a plant-based milk)
- 1 scoop [Multi Collagen Protein Chocolate](#)
- ½ tbsp brown sugar or granulated date sugar
- ½ tbsp cacao powder
- marshmallows for garnish, optional

Directions

1. Microwave milk in a large mug for 1.5-3 minutes until hot. (Or use a medium saucepan at medium-low heat.)
2. Remove from microwave and add the chocolate collagen, sugar and cacao powder. Froth well with an electric whisk. (Or whisk in the saucepan after adding these ingredients.)
3. Top with marshmallows and enjoy.

Nutrition

One collagen hot cocoa (373 g) contains:

- Calories: 241
- Total Carbohydrate: 23.5 g
- Fiber: 1 g
- Sugar: 22.9 g
- Total Fat: 7.6 g
- Saturated Fat: 4.8 g

- Polyunsaturated Fat: 0.3 g
- Monounsaturated Fat: 2.2 g
- Trans Fat: 0.3 g
- Cholesterol: 29 mg
- Protein: 17.2 g
- Sodium: 174 mg (12% DV*)
- Vitamin C: 90 mg (90% DV**)
- Vitamin B12: 1.94 mcg (81% DV)
- Vitamin B2 (riboflavin): 0.684 mg (62% DV)
- Phosphorus: 375 mg (51% DV)
- Calcium: 446 mg (45% DV)
- Vitamin D: 179 IU (30% DV)
- Vitamin B5 (pantothenic acid): 1.316 mg (26% DV)
- Zinc: 1.94 mg (24% DV)
- Selenium: 9.6 mcg

**Daily Value: Percentages are based on a diet of 2,000 calories a day.*

***This DV percentage is due to the Multi Collagen Protein ingredient.*