

## **Welcome to the Vitauthority Collagen Burn Success Guide**

### **Front side of Flier:**

#### **If this is your first time purchasing WELCOME!**

We want to ensure we let you know right away, this is NOT a magic powder. You will not see results for 1 use or even after 2 weeks.

Key things to remember, your body may need some time to adjust to the product, so stay consistent and stick with it. All results that are shown are seen following a lifestyle including a healthy diet and exercise.

### **Frequently Asked Questions**

#### **What is Collagen Burn?**

Collagen Burn is a complete collagen complex with 5 types of collagen, containing a metabolism support blend\* of herbs and minerals, and a support blend\* design to support the visible appearance of smoothing of skin in the hips, stomach and thigh area.

#### **What should I expect?**

Clinical trials on our exclusive ingredient SOD B Dimpless showed a visible smoothing effect in the thighs, hips and stomach area over a 56 day period.

Additionally potential benefits you may start to see after 30 - 60 days of consistent use are joint support, hair, skin and nails support, such as potentially stronger nails, and more vibrant/smooth skin.

**Our biggest TIPS: stay away from the scale, eat healthy, and exercise regularly**

#### **What Can I take this in?**

Our unflavored Multi-Collagen Burn is recommended in a smoothie, flavored drink or hot beverage like coffee and tea. We don't recommend mixing and drinking this in straight water.



### Hot Tips:

Smoothies and foods: Adding collagen to fruit smoothies, protein shakes, or in your morning oatmeal are also perfect options!

Recipes & baked goods: That's right! Baking with collagen is totally doable and can really add a healthy kick to your favorite foods.

### How many servings of collagen should I take per day?

We recommend **at a minimum 1 serving per day**, but 2 servings daily for the best possible benefits!

Another popular dosing method is to take 2-3 servings a day for the first week, then transition to a maintenance dosing phase of 1-2 servings each day.

Note that this is for both the Multi Collagen Burn Powder and Multi Collagen Burn Capsules.

### Do I need to take collagen everyday to see results?

Yes - **we strongly recommend** daily usage to see the best possible results.

### What if I am bloating from collagen?

This is totally normal!

This is due to the increase in protein intake that occurs with every scoop. Over time, this natural body reaction will dissipate and the feeling and appearance of and the bloating most likely will subside. What helps it subside faster is increased water intake. We would recommend drinking 6-8 glasses of water daily.

### Back side of Flier:

- Copy the directions section of the collagen flier but only show collagen burn products
- Have our social media handles
- Remove links to our website