Product Specification

Ingredients list for Swedish Collagen Retinol
Packaging: 20 pack / 30 pack
Article Number: 2537 / 2606
Dose: 25 ml
Flavour: Natural Blueberry Flavour
Form: Liquid
Supply: 20 Days Supply.

Active Ingredient	25 ml Dose	%NRV
Vitamin A	800 µg RE	100%
Vitamin C (L-Ascorbic acid)	120 mg	150%
Vitamin B5 (Pantothenate)	50 mg	833%
Vitamin B6 (Pyridoxine HCL)	1.4 mg	100%
Vitamin B7 (Biotin)	5000 µg	10000%
Vitamin B12 (Methylcobalamin)	7.5 µg	300%
Vitamin D3 (Cholecalciferol)	30 µg	600%
Selenium (Sodium Selenite)	55 µg	100%
Zinc (Zinc Gluconate)	10 mg	100%
MSM (Methylsulfonylmethane)	125 mg	**
Silica (Silicone Dioxide)	25 mg	**
Resveratrol (10:1 Japanese knotweed)	100 mg	**
Hyaluronic acid (Vegan Sodium Hyaluronate)	75 mg	**
Hydrolyzed Marine Collagen (Fish)	12500 mg	**

INGREDIENTS: Multi-filtered water, ***hydrolyzed fish collagen type 1 & 3*** (Pure Peptide hydrolyzed collagen) contains the amino acids: l-glycine, l-proline, l-alanine, l-hydroxyproline, l-glutamic acid, l-arginine, l-aspartic acid, l-serine, l-lysine, l-leucine, l-valine, l-threonine, l-phenylalanine, l-isoleucine, l-hydroxylysine, l-methionine, l-histidine, l-tyrosine, l-cysteine), msm: methylsulfonylmethane, vitamin c, zinc, resveratrol, hyaluronic acid, pantothenic acid, natural flavours (natural aroma), purple potato powder, silica, preservatives (potassium sorbate, sodium benzoate), biotin, vitamin B6, acidity regulator (citric acid), vitamin A, vitamin D, selenium, sweetener (steviol glycosides, sucralose), vitamin B12. 100% Natural Flavour & Natural Colour.

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Average amino acid structure per 12 500 mg hydrolyzed marine collagen:

Alanine	1182.5 mg
Arginine	1520 mg
Aspartic acid	558.75 mg
Glutamic acid	906.25 mg
Glycine	2990 mg
Histidine	65 mg
Hydroxylysine	66.25 mg
Hydroxyproline	108.6 mg
Isoleucine	1357.5 mg
Leucine	312.5 mg
Lysine	363.75 mg
Methionine	156.25 mg
Phenylalanine	238.75 mg
Proline	1537.5 mg
Serine	412.5 mg
Threonine	305 mg
Tyrosine	38.75 mg
Valine	313.75 mg

EFSA claims

Vitamin A

- Vitamin A contributes to normal iron metabolism
- Vitamin A contributes to the maintenance of normal mucous membranes
- Vitamin A contributes to the maintenance of normal skin
- Vitamin A contributes to the maintenance of normal vision
- Vitamin A contributes to the normal function of the immune system
- Vitamin A has a role in the process of cell specialization

Vitamin C

- Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise
- Vitamin C contributes to normal collagen formation for the normal function of blood vessels
- Vitamin C contributes to normal collagen formation for the normal function of bones
- Vitamin C contributes to normal collagen formation for the normal function of cartilage
- Vitamin C contributes to normal collagen formation for the normal function of gums
- Vitamin C contributes to normal collagen formation for the normal function of skin
- Vitamin C contributes to normal collagen formation for the normal function of teeth
- Vitamin C contributes to normal energy-yielding metabolism
- Vitamin C contributes to normal functioning of the nervous system
- Vitamin C contributes to normal psychological function
- Vitamin C contributes to the normal function of the immune system

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- Vitamin C contributes to the protection of cells from oxidative stress
- Vitamin C contributes to the reduction of tiredness and fatigue
- Vitamin C contributes to the regeneration of the reduced form of vitamin E
- Vitamin C increases iron absorption

Vitamin B5 (Pantothenic acid)

- Pantothenic acid contributes to normal energy-yielding metabolism
- Pantothenic acid contributes to normal mental performance
- Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- Pantothenic acid contributes to the reduction of tiredness and fatigue

Vitamin B6

- Vitamin B6 contributes to normal cysteine synthesis
- Vitamin B6 contributes to normal energy- yielding metabolism
- Vitamin B6 contributes to normal functioning of the nervous system
- Vitamin B6 contributes to normal homocysteine metabolism
- Vitamin B6 contributes to normal protein and glycogen metabolism
- Vitamin B6 contributes to normal psychological function
- Vitamin B6 contributes to normal red blood cell formation
- Vitamin B6 contributes to the normal function of the immune system
- Vitamin B6 contributes to the reduction of tiredness and fatigue
- Vitamin B6 contributes to the regulation of hormonal activity

Vitamin B7 (Biotin)

- Biotin contributes to normal energy-yielding metabolism
- Biotin contributes to normal functioning of the nervous system
- Biotin contributes to normal macronutrient metabolism
- Biotin contributes to normal psychological function
- Biotin contributes to the maintenance of normal hair
- Biotin contributes to the maintenance of normal mucous membranes
- Biotin contributes to the maintenance of normal skin

Vitamin B12

- Vitamin B12 contributes to normal energy- yielding metabolism
- Vitamin B12 contributes to normal functioning of the nervous system
- Vitamin B12 contributes to normal homocysteine metabolism
- Vitamin B12 contributes to normal psychological function
- Vitamin B12 contributes to normal red blood cell formation
- Vitamin B12 contributes to the normal function of the immune system
- Vitamin B12 contributes to the reduction of tiredness and fatigue
- Vitamin B12 has a role in the process of cell division

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Vitamin D

- Vitamin D contributes to normal absorption/utilization of calcium and phosphorus
- Vitamin D contributes to normal blood calcium levels
- Vitamin D contributes to the maintenance of normal bones
- Vitamin D contributes to the maintenance of normal muscle function
- Vitamin D contributes to the maintenance of normal teeth
- Vitamin D contributes to the normal function of the immune system
- Vitamin D has a role in the process of cell division

Selenium

- Selenium contributes to normal spermatogenesis
- Selenium contributes to the maintenance of normal hair
- Selenium contributes to the maintenance of normal nails
- Selenium contributes to the normal function of the immune system
- Selenium contributes to the normal thyroid function
- Selenium contributes to the protection of cells from oxidative stress

Zinc

- Zinc contributes to normal DNA synthesis
- Zinc contributes to normal acid-base metabolism
- Zinc contributes to normal carbohydrate metabolism
- Zinc contributes to normal cognitive function
- Zinc contributes to normal fertility and reproduction
- Zinc contributes to normal macronutrient metabolism
- Zinc contributes to normal metabolism of fatty acids
- Zinc contributes to normal metabolism of vitamin A
- Zinc contributes to normal protein synthesis
- Zinc contributes to the maintenance of normal bones
- Zinc contributes to the maintenance of normal hair
- Zinc contributes to the maintenance of normal nails
- Zinc contributes to the maintenance of normal skin
- Zinc contributes to the maintenance of normal testosterone levels in the blood
- Zinc contributes to the maintenance of normal vision
- Zinc contributes to the normal function of the immune system
- Zinc contributes to the protection of cells from oxidative stress
- Zinc has a role in the process of cell division

Notes:

Sugar Free.

Non-GMO and free from wheat, gluten, soya, egg, nuts and milk.

Product Specification

Storage: Store in a dry, cool place, protected from sunlight. After opening, refrigerate and consume within 2 months. Keep out of reach of children.

Warnings: If you have any medical conditions or if you are pregnant or nursing, consult with your healthcare provider prior to use. Discontinue use if any adverse reactions occur. Health supplements should not replace a varied diet. Do not exceed the recommended dose.
Contains Sweeteners.

Allergen Warning: Contains ingredients from fish.

Swedish Nutra
Malmö, Sweden,
27 August 2025

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