



PLENT  
BEAUTY CARE



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**PURE MARINE COLLAGEN**  
STAY BEAUTIFUL

**TROPICAL**  
300 G - 30 SERVINGS - 10 G DAILY

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**PURE MARINE COLLAGEN**  
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**PINK RASPBERRY**  
300 G - 30 SERVINGS - 10 G DAILY

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**PURE MARINE COLLAGEN**  
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**UNFLAVORED**  
300 G - 30 SERVINGS - 10 G DAILY - COLLAGEN PEPTIDES

ADDED VITAMIN C

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**PURE MARINE COLLAGEN**  
STAY BEAUTIFUL

**DREAM**  
300 G - 30 SERVINGS - 10 G DAILY - COLLAGEN PEPTIDES

## BEAUTY CARE NEVER TASTED SO GOOD

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Here at Plent Beauty Care, we've consciously crafted one of the tastiest collagen product ranges available.

Our entire collagen range is sourced from sustainably produced marine collagen, which means when you choose Plent, you are helping to nurture yourself, nature and the environment.

All four of our delicious Pure Marine Collagen flavours contain natural Vitamin C from acerola which ensures the easy absorption of collagen, nurturing your skin from the inside with every scoop.



Sustainably sourced marine collagen



Many tasty varieties with acerola



Third party lab tested for heavy metals

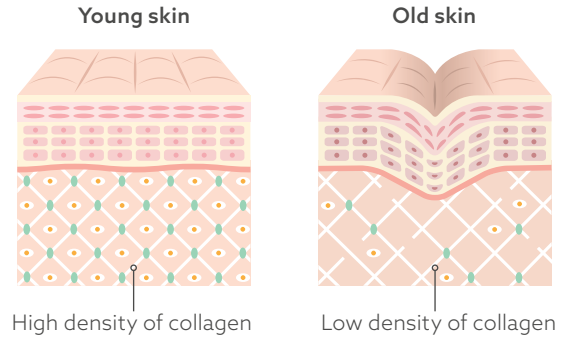




## BEAUTY STARTS FROM WITHIN

Collagen is the glue that holds us together. Our skin consists of approx. 70% collagen, while our body consists of up to 60% collagen. Studies have shown that the body's own production of collagen peaks at the age of 25, after which our collagen levels slowly begin to deplete as we grow older.

Therefore a daily routine of consuming marine collagen can help prevent or fight fine lines and wrinkles. It also helps to improve skin elasticity, and hydration of the skin on the whole body.



# INTRODUCING OUR NEW COLLAGEN SACHET BOXES

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Now it's even easier to add collagen to your daily beauty routine. Our new sachets have been designed to be travel-friendly and finally allow you to take your collagen on the go!

We've developed a variety of delicious flavour variants, now available in small travel sachets that easily fit in your bag, for wherever your day takes you.

Our tasty collagen sachets are a perfect addition to your favourite coffee, post-workout shake, or juices!

Each sachet contains 5 g of pure marine collagen & natural Vitamin C from acerola to help aid the absorption of collagen in your skin.

Each box contains 30 x 5 g collagen sachets.





## MARINE COLLAGEN FOR YOUR HOME BEAUTY ROUTINE

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Can you find a better place to start your inner beauty than in the kitchen? That's why we designed our classic jars to be suitable for those that enjoy their collagen from the comfort of their home.

We have developed collagen that caters for every taste, which makes it perfect for using it in several delicious recipes. Our Pure Marine Collagen jars make a tasty addition when mixed into smoothies, your morning porridge or even collagen cocktail nights with the girls!

The entire Plent Marine Collagen range is also heat-resistant, so you can get creative when adding a scoop to your favourite hot drinks, food or baked goods!

Each jar contains 30 x 10 g marine collagen servings & natural Vitamin C from acerola to help aid the absorption of collagen in your skin (10 g scoop included to make dosing easy).

# DELICIOUS NATURAL FLAVOURS





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We believe that healthy choices shouldn't have to compromise on taste. That's why we developed our Pure Marine Collagen range with 100% natural flavors, no added sugar and no taste of fish!

Our range of four delicious flavours mean its easy to incorporate collagen easily into your daily beauty routine.

Our collagen varieties are heat resistant, making it easy to dissolve in both hot and cold drinks, as well as your favorite foods!

## AVAILABLE IN FOUR DELICIOUS FLAVORS

-  Unflavored – the perfect neutral variant for coffee or any other favorite food and drinks.
-  Chocolate Dream - for all chocolate lovers. Delicious when enjoyed both hot and cold!
-  Pink Raspberry - tastes of fresh raspberries. A delicious addition to skyr!
-  Tropical Pineapple - tastes of pineapple, mango and coconut. Best enjoyed in chilled water or juice with ice cubes.



# COLLAGEN

## RASPBERRY COCKTAIL

### INGREDIENTS (1 SERVING)

1 scoop (10 g) Plent Marine Collagen Pink Raspberry

100 ml orange juice

100 ml tonic water

25ml gin or vodka (optional)

10-12 frozen or fresh raspberries

Ice cubes

### METHOD

1. Mix collagen and orange juice together in a glass.
2. Add alcohol as desired (optional) and mix.
3. Add your tonic water into your glass.
4. Finish with ice cubes and raspberries.



# COLLAGEN

## PINEAPPLE LIME COOLER

### INGREDIENTS (1 SERVING)

1 scoop (10 g) Plent Marine Collagen – Tropical  
Pineapple

100 ml orange juice

100 ml tonic water

1/2 lemon - juiced

Crushed ice

Fresh pineapple as garnish

### METHOD

1. Mix juice and collagen together until dissolved.
2. Pour juice, freshly squeezed lemon and collagen into your favorite glass with crushed ice. Next, pour tonic water into your glass.
3. Turn this cooler into a cocktail by adding gin and fresh pineapple.





# COLLAGEN

## TROPICAL GLOW SMOOTHIE

### INGREDIENTS (2 SERVINGS)

- 1 scoop (10 g) Plent Marine Collagen – Tropical Pineapple
- 1 handful of frozen pineapple
- 1 handful of frozen mango
- 1 banana
- 200 ml orange juice
- 200 ml water (depending on the desired consistency)
- Fresh mint for garnish

### METHOD

1. Blend all ingredients in a blender until the consistency is smooth. You can add more water depending on the desired consistency and taste.
2. Serve in your favorite glass & garnish with mint.



# COLLAGEN

## HOT BEAUTY CHOCOLATE

### INGREDIENTS (1 SERVING)

1 scoop (10 g) Plent Marine Collagen - Chocolate Dream

250 ml milk

1 tsp. maple syrup

1 tsp. cocoa powder

1/4 tsp. vanilla powder

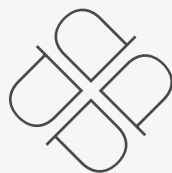
1 sprinkle of salt

Whipped cream for topping

### METHOD

1. Heat the milk without boiling.
2. Add collagen powder, cocoa powder, maple syrup, vanilla powder and a sprinkle of salt. Stir until everything is fully dissolved.
3. Pour into your cup and top with whipped cream. Enjoy hot!





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 **@plentcollagen**

Follow our collagen community on Instagram  
and get inspiration and recipes!

**#plentcollagenglow**

Remember to take us on your collagen journey!

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