

Vanilla Latte Complete Collagen Drink for Energy and Beauty*

UP & GLOWING | ENERGY & BEAUTY

It's time to rise and shine with natural energy from green tea extract plus healthy hair, skin, and nails from collagen, vitamin C, biotin, and hyaluronic acid.* These key ingredients perk you up, support protein (including collagen) synthesis, and help protect against damage from free radicals.* After just a few sips of this energizing vanilla latte, you'll be able to nail (skin and hair) your morning.

#21508 | 20 SERVINGS
RETAIL PRICE: \$44.70 | MEMBER PRICE: \$38.00



WAKE UP AND GET GLOWING.

Why We Love It

- Supports healthy hair, skin, and nails with 10 g of collagen, vitamin C, biotin, and hyaluronic acid*
- Supports protein (including collagen) synthesis with collagen, all 9 essential amino acids, and vitamin C*
- Boosts energy levels with 80 mg caffeine from natural green tea extract
- Available as a vanilla latte—simply mix with 8 oz. milk of your choice
- Gluten-free, nondairy, sugar-free

DIRECTIONS: Mix one stick with 8 oz. milk of your choice while stirring. Keep going. Keep glowing.

Supplement Facts

Serving Size: 1 Stick (14.8 g)
Servings per Container: 20

	Amt Per Serving	%DV
Calories	55	
Protein	11 g	
Vitamin C (as ascorbic acid)	90 mg	100%
Biotin	150 mcg	500%
Collagen (as bovine collagen types I & III)	10 g	†
Hyaluronic acid (as sodium hyaluronate)	60 mg	†
Caffeine (from green tea extract)	80 mg	†

†Daily Value (DV) not established.

Other Ingredients: Pea Protein (*Pisum sativum*), Natural Flavors, Guar Gum, Coconut Milk Powder, Dry MCT Oil, Rebudioside M.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





FAQS

WHAT INGREDIENTS ARE IN UP & GLOWING?

Up & Glowing contains ingredients for both energy and beauty.* It contains 80 mg natural caffeine from green tea extract, along with 10 g of collagen, 100% of the DV of vitamin C, 500% of the DV of biotin, and 60 mg hyaluronic acid.

HOW MUCH CAFFEINE IS IN ONE SERVING OF UP & GLOWING?

One serving of Up & Glowing contains 80 mg of natural caffeine from green tea extract. One stick pack contains caffeine equivalent to about one cup of coffee.

WHY DOES UP & GLOWING CONTAIN CAFFEINE?

Caffeine provides an energy boost.* It does this by acting as an adenosine antagonist. Adenosine is a neurotransmitter that binds to specific receptors in the brain and makes us feel drowsy. Caffeine binds to the same receptors, blocking adenosine from working.*

HOW MANY GRAMS OF COLLAGEN ARE THERE IN ONE SERVING OF UP & GLOWING?

There are 10 grams of hydrolyzed collagen per serving of Up & Glowing.

WHERE IS THE COLLAGEN IN UP & GLOWING SOURCED FROM?

The collagen in Up & Glowing is derived from a grass-fed, pasture-raised bovine source.

WHAT TYPES OF COLLAGEN DOES UP & GLOWING CONTAIN?

Up & Glowing contains types I and III collagen, hydrolyzed for quicker digestion and absorption.*

WHY DOES UP & GLOWING CONTAIN VITAMIN C?

Vitamin C is required by the enzymes that help make collagen. Vitamin C also has antioxidant properties. Antioxidants help protect our bodies against damage caused by free radicals.*

WHY DOES UP & GLOWING CONTAIN BIOTIN?

Biotin can help support healthy hair, skin, and nails, and deficiency of this nutrient has been shown to lead to hair loss and skin and nail problems.*

WHY DOES UP & GLOWING CONTAIN HYALURONIC ACID?

Hyaluronic acid, our body's natural lubricant, is abundantly found in our eyes, joints, and skin and is known for its ability to retain moisture.*

WHY ARE ALL 9 ESSENTIAL AMINO ACIDS REQUIRED TO SYNTHESIZE COLLAGEN WHEN COLLAGEN ITSELF CONTAINS ONLY EIGHT ESSENTIAL AMINO ACIDS?

Collagen itself contains only eight essential amino acids, but all nine are required in order to synthesize proteins, including collagen. Scientists who study protein and amino acid metabolism widely agree that all nine essential amino acids are necessary to support protein (including collagen) synthesis regardless of the amino acid composition of the protein.*

WHEN CAN WE EXPECT TO OBSERVE THE "BEAUTY" RESULTS?

Everyone is different. While Up & Glowing provides the building blocks to support collagen synthesis, results will vary from person to person depending on their own rate of collagen synthesis.*

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FAQS

IS THERE ANY FLAVOR?

Yes, Up & Glowing is vanilla-flavored.

CAN I USE UP & GLOWING WITH PRE-WORKOUT DRINK? SUSTAINED ENERGY BOOST*? ENERGY CHEWS? ENERGIZING TEA?

Because all of these products contain caffeine, please use only one product at a time. Each of these products is designed for a specific purpose, so only use one product at a time and do not combine them. Do not use these products if you are sensitive to caffeine, pregnant, or nursing.

HOW MANY STICK PACKS CAN I TAKE A DAY?

We recommend one 10 gram serving of Up & Glowing daily. Because Up & Glowing contains 80 mg of caffeine, we also encourage you to be mindful of your caffeine intake. Healthy adults should have no more than 200 mg of caffeine over 3-4 hours and no more than 300 mg of caffeine per day.

CAN I USE UP & GLOWING WITH COLLAGEN-9™?

We recommend that you use either Up & Glowing or Collagen-9.

HOW ARE UP & GLOWING AND COLLAGEN-9 THE SAME? DIFFERENT?

Both Up & Glowing and Collagen-9 contain 10 g of collagen (types I and III), sourced from a grass-fed, pasture-raised bovine source. They provide all 9 essential amino acids and 100% of the DV of vitamin C. Up & Glowing provides an added beauty boost with 500% of the DV of biotin, compared to 100% of the DV of biotin in Collagen-9, plus hyaluronic acid. Up & Glowing also contains caffeine and is available in a vanilla-flavored latte, while Collagen-9 is caffeine-free and unflavored.

WHAT'S THE BEST WAY TO DRINK UP & GLOWING?

We recommend mixing 1 stick pack in 8 oz of warmed milk or your drink of choice while stirring.

IS IT SAFE TO USE UP & GLOWING IF I AM CURRENTLY TAKING MEDICATIONS OR HAVE A MEDICAL CONDITION?

Consult with your physician before using Up & Glowing if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to the drink.

CAN THIS PRODUCT BE USED WHEN PREGNANT OR NURSING?

Up & Glowing is not recommended for use by pregnant or nursing women or those sensitive to caffeine as one stick pack contains 80 mg of caffeine. We also recommend discussing the use of collagen during pregnancy with your OB professional.

CAN THIS PRODUCT BE USED BY CHILDREN?

Up & Glowing is formulated for adults and is not recommended for use by children.

IS UP & GLOWING VEGETARIAN?

No

IS UP & GLOWING KOSHER CERTIFIED?

No

IS UP & GLOWING GLUTEN-FREE?

Yes

IS UP & GLOWING NONDAIRY?

Yes

IS UP & GLOWING SUGAR-FREE?

Yes. Up & Glowing is sweetened with the zero calorie sweetener RebM (Rebaudioside M).

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