**Beauty in a box – give your hair, skin and nails a glow up with Absolute Collagen**

As we age, our collagen supply naturally depletes, which can result in tired and dull-looking skin, limp hair and brittle nails.

With direct-to-door delivery every 14 days, [Absolute Collagen's](https://www.absolutecollagen.com/products/beauty-box-collagen-for-women) award-winning liquid supplement is the perfect antidote, helping to achieve glowing skin and both healthier and faster-growing hair and nails.

The formula is packed with the highest concentration of marine collagen on the market and is infused with vitamin C, which works in synergy with the collagen to enhance skin rejuvenation and tissue renewal, meaning skin feels soft, hydrated and firm.

Starting from £27, Absolute Collagen’s Beauty Box contains 14 ready-mixed 10ml sachets which can either be taken on their own, or added to hot or cold drinks and food. Packed with 7.7g of protein and essential amino acids, each 10ml serving is also ideal as a post-workout boost. What’s more, each daily sachet contains only 32 calories.

Free from lactose, gluten and dairy, and with no artificial flavours, colours or added sugar, the liquid supplement can be easily incorporated into any diet.

**Why collagen?**

Collagen is most commonly found in the skin, bones and connective tissue within the body, providing structural support, strength and a degree of elasticity. Natural production starts to decline around the age of 25, reducing the structural integrity of the skin and leading to the formation of lines, wrinkles and sagging skin. Taking collagen supplements can therefore provide users with the daily dose required for optimum skin rejuvenation and tissue renewal, resulting in softer and more hydrated skin with fewer wrinkles.

In July 2019, Absolute Collagen conducted a survey of 147 customers and found that:

* 89% reported healthier, softer & more hydrated skin
* 97% reported overall skin improvement

For further information about Absolute Collagen and to order a Beauty Box, visit [www.absolutecollagen.com.](http://www.absolutecollagen.com.) Collagen supplement fans can also connect and join the network of Absoluters on [Facebook](http://www.facebook.com/absolutecollagen) and [Instagram](http://www.instagram.com/absolutecollagen).

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Suggested images:









