# Vida Glow Marine Collagen: A Powerful Supplement for Skin, Hair, and Joints



**Vida Glow Marine Collagen: An Overview**

Collagen, a crucial protein, supports skin, joints, and bones. Natural collagen production declines with age, leading to visible signs of aging and joint discomfort. Supplements can help counteract these effects. Vida Glow Marine Collagen, priced at £39 on Lookfantastic.com, emerges as a notable option due to its effectiveness and user convenience.

**Product Details**

Vida Glow's collagen comes in pre-measured sachets, simplifying daily intake. Each sachet contains 3,000mg of hydrolysed marine collagen peptides, derived from fish skin, known for high absorption rates. The flavourless powder can be mixed into water, smoothies, or coffee.

**Expert Insight**

Nutritional therapist Maz Packham highlights that over 90% of bodily collagen is type one, making marine-sourced collagen especially beneficial. Studies suggest marine collagen is absorbed 1.5 times more efficiently than bovine alternatives.

**Conclusion**

Vida Glow Marine Collagen offers a potent, easy-to-use supplement to enhance skin, hair, nails, and joint health, reflecting an efficient method to boost natural collagen levels.

**Purchase and Additional Health Tips**

The product is available for purchase at Lookfantastic.com. For further health improvements, consider exploring other superfoods and supplements.