

# needed.®

This guide is intended as a helpful resource in talking to your health practitioner about the benefits of Needed's Collagen Protein.

Needed.® is a nutrition company on a mission to empower real nourishment in women on their motherhood journey. We work directly with health practitioners and researchers to offer science-backed products and education. Learn more at [thisisneeded.com](https://thisisneeded.com). If you have questions, drop us a note at [practitioners@thisisneeded.com](mailto:practitioners@thisisneeded.com).



## Supplementing with Collagen Protein before, during and after pregnancy is needed.

- ✓ Most mamas aren't getting enough protein during pregnancy (The American Pregnancy Association recommends 75 to 100 grams of protein per day)
- ✓ Mamas need protein for blood sugar management, minimizing nausea, and to grow baby's cells and the placenta
- ✓ Collagen is an optimal form for all of this, plus supporting mama's joints, pelvic floor tissue, and healthy skin stretching, and mama and baby's immunity and gut health

## Needed's Collagen Protein is optimal.

- ✓ 15g of protein with tailored amino acid profile
- ✓ Optimally absorbed
- ✓ Easy-to-take powder
- ✓ Sustainable, clean sourcing
- ✓ Expertly-formulated and tested



mama's blood sugar and weight management



mama and baby's immunity and gut health



mama's pelvic floor integrity



mama's skin health



mama's nausea, joint pain, and other ailments

"Collagen needs to be an integral part of every woman's pregnancy routine, from preconception to postpartum. There are extensive benefits from blood sugar balance to immune health, but I can most explicitly see the difference with my patients in their tissues. It directly impacts both the ease of and recovery from vaginal births and C-sections."

— DR. SHAMSAH AMERSI, OB-GYN

# Needed's Collagen Protein Difference.

## 15g of protein with tailored amino acid profile

- ✓ Protein requirements are greatly elevated in pregnancy
- ✓ The building blocks of protein, amino acids, build new cells for baby, and help stabilize blood sugar levels while supporting a mama's changing body (skin and pelvic floor)
- ✓ Collagen provides important amino acids, like Glycine, that are difficult to get enough of through other common protein sources
- ✓ Moreover, hydrolyzed bovine Collagen is most similar to the natural Collagen in our bodies

## Optimally absorbed

- ✓ Hydrolyzed Collagen is easily digested and absorbed because of the low molecular weight of the peptides produced during hydrolysis

## Sustainable, clean sourcing

- ✓ Ethically-sourced from the hides of grass-fed, pasture-raised, hormone-free bovines from New Zealand
- ✓ Contains no inflammatory ingredients, unlike most other protein powders sourced from dairy, soy, grains, or legumes
- ✓ Free of the quantity of heavy metals and other toxins found in most plant-based protein powders

## Easy-to-take powder

- ✓ Simply blend in coffee, smoothies, or oatmeal as a nourishing addition to your daily routine

## Expertly-formulated and tested

- ✓ We selected our collagen in partnership with naturopathic and functional medicine doctors, and other practitioners and researchers
- ✓ Every batch is third-party tested

## Interested in sharing Needed?

We offer a Practitioner Partners referral program that rewards practitioners and their communities for prioritizing better nutrition. To learn more, visit [thisneeded.com/pages/practitioner](https://thisneeded.com/pages/practitioner).

## REFERENCES

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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.

# Supplement Facts

Serving Size 1 Scoop (15g)  
Servings Per Container about 30

Amount Per 1 Scoop Serving	
Calories	60
Protein	14 g**
Hydrolyzed bovine collagen	15 g**

\*\* Daily Value not established.

OTHER INGREDIENTS: NONE

## Typical Amino Acid Profile

per Scoop (15 g)

Alanine	1.25
Arginine	1.05
Aspartic Acid	0.77
Cystine	0.00
Glutamic Acid	1.38
Glycine	3.24
Histidine †	0.09
Hydroxyproline	1.41
Isoleucine †	0.19
Leucine †	0.38
Methionine †	0.11
Phenylalanine †	0.25
Proline	1.82
Serine	0.44
Threonine †	0.25
Lysine †	0.51
Tryptophan †	0.00
Tyrosine	0.05
Valine †	0.31

† Essential Amino Acid

# Our Products Work Best Together.

We designed our Collagen Protein to be taken with our Prenatal Multi, Omega-3, and Pre/Probiotic. Together, these products optimally nourish mama and baby before, during, and after pregnancy – and beyond.

