

# ON-THE-GO COLLAGEN WATER

MARINE COLLAGEN

with Vitman C

EFF  
ERV  
ESS

COLLAGEN  
3g  
COLLAGEN

VITAMIN C  
16mg  
VITAMIN C



WILD COD  
FISH SKIN

NO SUGAR  
ADDED

ORGANIKA



# ORGANIKA

Organika is a **natural wellness and beauty** company from beautiful British Columbia, Canada. We love **helping people live healthier lives**, and we've been doing it for the past 30 years.

We've grown from a humble line of supplements to an always-evolving collection of natural health and beauty products, including **Canada's #1 selling collagen powder**.

Our quest is to guide people to better health through a genuine **passion for wellness and innovation**.

## Mindful manufacturing

We've been meticulously crafting our products for 30 years.

We've got this down to an art!

This is what it takes to do things The Organika Way:

- Dependable innovation & high quality products to help you love living healthy
- Deep knowledge of the industry and leading manufacturing practices
- Long-standing relationships with our suppliers
- Consistent third-party quality inspections to maintain stringent quality standards
- Products are always non-GMO; free from artificial fillers; organic where possible; high potency; third-party tested
- NPN licensing from Health Canada, ensuring safety, efficacy and quality

# EFFERVESS

Take your collagen water anywhere, anytime. Effervess makes the most out of your water by boosting it with premium hydrolyzed marine collagen and vitamin C in a fun and fizzy way. Our premium hydrolyzed marine collagen is sourced from the skin of wild-caught codfish, making it highly bioavailable for beauty. Hydrolyzed collagen, combined with vitamin C, provides the body with free amino acids while stimulating production of new collagen in the skin, hair, nails, or wherever the body needs it most.

- Provides amino acids for collagen and connective tissue formation
- Source of antioxidants to counter cell damage caused by free radicals
- Helps maintain a healthy metabolism
- Supports immune function
- Non-GMO
- No sugar added
- Gluten-free
- No artificial flavours
- Pescetarian friendly

## Features

Collagen is the most abundant form of protein in our body, providing us with strength, elasticity, tone and structure. It acts like the 'glue' that holds the body together. We require it for healthy skin, connective tissues, muscles and bones. Collagen has been shown to increase moisture within the body, like in our skin and joints. It is also great for healing the digestive tract and reducing inflammation.

**Type 1 Collagen**, found in fish skin and scales, primarily goes towards the health of our **hair, skin and nails**. Sustainably sourced from wild-caught codfish skin, the collagen in Effervess undergoes a process called **hydrolyzation**, in which collagen particles are broken down with the help of enzymes into smaller molecules, called peptides. These smaller particles are **easier for our bodies to digest and absorb**.

**Vitamin C** is an important antioxidant for our body, helping not only support the immune system, but also providing protection from the harmful effects of oxidative damage from free radicals in the body. Another important role of vitamin C is in enhancing the **natural production of collagen**, as it's essential for the conversion of the amino acid lysine into procollagen, which then transforms into the many different types of collagen found in our connective tissues.

## How to use

Drop a tablet into water and let it fizz until fully dissolved (up to 15 minutes). Sip often and get glowin'!

We recommend taking 2 tablets a day for optimal benefits.

## Ingredients

### MEDICINAL INGREDIENTS - EACH EFFERVESCENT TABLET CONTAINS:

Premium hydrolyzed marine collagen (Fish skin) – 1.5 g

Vitamin C from ascorbic acid – 8 mg

### NON-MEDICINAL INGREDIENTS:

**Rose:** Citric acid, Sodium bicarbonate, Sorbitol, D-Mannitol; DL-Malic acid; Rosa centifolia (Rose) flower, Stevioside, Amaranth, L-Leucine

**Kiwi:** Citric acid, Sodium bicarbonate, Sorbitol, D-Mannitol, DL-Malic acid, Kiwi fruit juice concentrate, Stevioside, Kiwi flavour, L-Leucine

**Cranberry:** Citric acid, Sodium bicarbonate, Sorbitol, D-Mannitol, Stevioside, Cranberry flavour, Beet root powder, L-Leucine

**Lavender:** Citric acid, Sodium bicarbonate, Sorbitol, D-Mannitol, DL-Malic acid, Stevioside, Lavender flavour, Beet root powder, L-Leucine

Each tube of Effervess comes with 14 tablets.



LAVENDER



ROSE



CRANBERRY



KIWI

ORGANIKA

## FAQ

### Is this the same collagen as your Enhanced Collagen powder?

No, it is not. Effervess contains hydrolyzed marine collagen from wild-caught codfish, whereas Enhanced Collagen is sourced from the hides of grass-fed cattle.

### Which is better? Marine or bovine collagen?

They're both great options! Marine collagen is known for providing type 1 collagen, beneficial for improving the appearance of hair, skin and nails. It also boasts a smaller molecular weight, meaning it is more readily absorbed and utilized by the body. Bovine collagen, such as our Enhanced Collagen, is a source of collagen types 1 and 3, beneficial for beauty as well as joints and your internal organs, especially the gut lining. If you are avoiding cattle-derived products, or are looking for a more convenient way to take your collagen - give Effervess a try!

### Does it taste fishy?

No, it does not! The marine collagen in Effervess undergoes an enzyme-aided process called hydrolyzation, making it easier to absorb and removing any fishy smell or aftertaste.

### I already take your Enhanced Collagen. Can I take this at the same time?

Absolutely! Your body needs multiple types of collagen to function optimally. We encourage combining different collagen types to help you get the amino acids necessary for whole-body benefits.

### How many tablets can I take in a day?

We recommend 2 tablets a day. Throw one at a time into your water bottle to boost your water and hydrate!

### Does the bubbling destroy the collagen?

No it does not. The collagen is already hydrolyzed into smaller particles.

### How long does the tablet take to fully dissolve?

Due to its collagen content, Effervess may take up to 15 minutes to fully dissolve.