

**Jonathan:** Welcome, everyone. Jonathan Hunsaker here, with Organixx, and I'm joined by our good friend, Dr. Daniel Nuzum. Thanks for being here, sir.

**Dr. Nuzum:** Glad to be here.

**Jonathan:** Listen, we're shooting another video for you, just to help educate you and fill your brain with useful information. Today, we're talking about collagen. So, just tell us, Doc, what is collagen?

**Dr. Nuzum:** Collagen, collagen is the basic protein in your body. Collagen is the protein that makes up your fingernails, your hair, your connective tissue, your tendons, your ligaments, your cartilage, all these different structures in our body. The connective tissue that gives your organs their shape is a type of collagen.

If you were to take all the collagen out of your body and stand it up next to you, it would have the shape of your bones. It's the—collagen is the organic part of your bones. The minerals are the inorganic part of your bones. So, the protein component of your bones is collagen.

Cartilage in your joints. That's collagen.

Again, the connective tissue that gives your heart its shape and makes the valves in your heart is all collagen.

The dividing components within our brain that gives us two hemispheres is collagen. The folds in our brain is able to do that because of the collagen in it.

So, there's collagen everywhere. Seventy percent of the protein in our body is collagen of some sort, and there are 28 different types of collagen in our body. There's five that we can get out of—from dietary sources, and the rest our body can make from those different dietary sources.

What happens in our systems is as we—right about 25 years old, our production of collagen starts to decline, and it doesn't like do a nosedive usually, but it starts to wane. So, we go from producing lots of collagen to not as much, not as much, and that just keeps declining as we get older. So, our body doesn't convert protein into collagen very easily as we get older. Or it does, but that capacity reduces as we get older.

So, if we were to consume collagen, straight collagen, our body doesn't have to convert that from another pro-

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tein. So, you can get protein out of a steak, right? You can get protein out of broccoli. You can get protein from peas. But that's not collagen. And so, your body has to take that protein and convert it into collagen in order to rebuild the collagen in your body.

Well, it's that capacity for the body to convert the collagen—the protein into collagen is what declines as we get older.

So, by consuming straight collagen that's already predigested, which is what the collagen supplements are on the market, all of them are predigested collagens. Our body can just take that protein and use it to rebuild collagen.

**Jonathan:** So, talking about collagen supplements for a second, like consuming the collagen, how does that help you feel or look younger? Like how does it affect your body as you're taking it?

**Dr. Nuzum:** Well, here's a real, real simple answer to that. Okay, our skin is partly collagen, but also it has what's called a basement collagen. That's a deep protein within the skin. That particular collagen, as we age, it loses its structural integrity, and it starts to sag. That's all of our skin across our entire body, just kind of starts to sag; gets looser.

And by consuming those collagens, it enables our body, it gives our body the basic building blocks to start rebuilding that collagen. So it starts to restore its structural integrity, so it can actually grow back to where it's supposed to be.

**Jonathan:** So, let me ask you this question. If our body as we get older and we're producing less collagen, and we have to consume protein for our body to try to create that collagen, but it's not converting all of it, right? Maybe some of it. Are we able to consume less protein if you're taking a collagen supplement?

**Dr. Nuzum:** Oh, sure. Yeah, you wouldn't have to take as much protein in for it to be converted because it just goes straight into you—you're kind of skipping a step.

**Jonathan:** So, talk about—I mean you talked about how collagen affects our skin. How does it affect our nails, our joints, other things?

**Dr. Nuzum:** Okay, well there's different collagen that your body uses to make nails, or your hair. I don't—it

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doesn't use a whole lot on my head, but it does down here [indicating beard].

**Jonathan:** Right?

**Dr. Nuzum:** And so, you've got that type of collagen. You have another type of collagen that makes the cartilage in your joints, those cartilage surfaces. So, say somebody, the cartilage in their knee is worn down, well, that's because they're not producing enough collagen to rebuild that cartilage. So, by consuming collagen, with time, that gives them those building blocks, so they can rebuild those cartilage surfaces and things like that.

Tendons are made out of cartilage, ligaments are made out of cartilage. And so, if you're deficient in those cartilages, those different types of cartilage, the body isn't rebuilding those tissues efficiently. So, you're going to be more prone to injuries.

**Jonathan:** Interesting. So, back to collagen supplements. Because it sounds like it's a no-brainer, right?

**Dr. Nuzum:** Sure.

**Jonathan:** You should take a collagen supplement as you get older. It's just going to help you feel better and do all of that. And I've seen a lot of collagen supplements out there. Some are just single-type collagen, some are multiple. Is there a benefit to one over the other?

**Dr. Nuzum:** You have—there's about five different collagens that you would need to consume so your body doesn't have to convert them from the other proteins that you're eating.

And in the body, there's type 1 collagen makes up about 90 percent of all the collagen in our body. So, that's your connective tissue, your muscles, your ligaments, tendons, the discs between your vertebrae, a lot of the—even some of the—there's multiple collagens in our skin, and it's even in our skin. So, they kind of go alongside each other.

And you have other collagens that—like at your ligaments, they grow across, one collagen attaching a bone to a bone, but where the ligament grows out of the bone, there's more collagen that grows across that. It's very, very amazing, just I mean how intricate. So, in growing across that, or growing across a tendon, where a tendon attaches to the bone, it reinforces that tendon or that ligament.

So, there's multiple types of collagen. All these different types of collagen, there's five that are effective, that you can take internally, and it's best to get all five in a supplement. It would be the—if I was going to take a supplement, I wouldn't take just one, I would—you want all of them.

**Jonathan:** Ditto. What are the main sources? Where is this collagen coming from?

**Dr. Nuzum:** On the high—your higher end, you're going to get it from—there's cow, bovine collagen. There's a chicken collagen. Also, fish collagens. And then typically, there's a membrane on the inside of an eggshell that's a collagen from eggs. And those are the cleanest. So, if you can get those sourced that are organically grown or wild-caught as far as fish. And fish, you'd want it to be—you want Northern Atlantic, not Pacific.

**Jonathan:** Absolutely.

**Dr. Nuzum:** From Northern Atlantic. Organically grown eggs would be the good sources.

**Jonathan:** So, if I'm taking a collagen supplement, is there other things to take with it? Are there other things that can make it more effective?

**Dr. Nuzum:** For sure, for sure. Well, first off, our ability to absorb collagen is another issue. So, a person's ability to absorb protein in general is an issue. So, if someone has low stomach acid, they're not going to break down protein very well, and they're not going to absorb collagen very well.

Even though most collagen supplements made today, your organic, good collagens, about 90 percent of it will get into the bloodstream within an hour of consuming it. It's very small. They're predigested. So, we take these things through when we make these types of supplements, we take them through a hydrolysis process. And so they're predigested before we even consume them.

But there are other people that even won't absorb that very well. That typically goes back to their stomach not producing enough acid. You could take betaine hcl with a supplement, or mix it in with a supplement, but it wouldn't taste very good.

Personally, I would use some fulvic acid for two reasons. One, not only will it stimulate the stomach to produce acid itself in the presence of protein, which brings the pH down where it needs to be so that the body can break that down and utilize the protein properly, but once the collagen, and although this leaves the stomach and gets

into the small intestine, fulvic also will stimulate the pancreas to produce pancreatic enzymes. So, you get the enzymes then acting on the protein, so they're digested properly. That would be first thing.

Next thing is collagen becomes the structures of our body. So, it's kind of a structural protein, if that makes sense. It gives the bone structure, it gives the heart structure, it gives muscles structure. But what it needs in order to maintain its structure is silica.

So, if you're not getting enough silica, or organic silica, most people get plenty of silica, but they don't get organic silica.

**Jonathan:** What is silica?

**Dr. Nuzum:** Silica is a mineral. And the most common source of silica is sand. Actually, if you're eating lots of processed foods, you'd be surprised at how much sand is in your food.

**Jonathan:** Got it.

**Dr. Nuzum:** Okay? So, you're getting silica, but it's not a form that your body can use, right? So, I would look for organic horsetail, horsetail herb. I would look for an organic source of horsetail herb. Horsetail herb has an organically occurring silica and a very easy, absorbable form.

One of the things that's very important to understand with supplementation in general, is with minerals you have organic minerals that you will find from plant sources, from herbs and fruits and vegetables and things like that.

Then you'll have inorganic minerals. And you can get the body to absorb inorganic minerals if you bond proteins to them. The problem is, that's a rock, and you take and bond a protein to it, so you can move that rock into the system and get the system to at least use some of it. That's how that works.

The difference between an organically occurring mineral in a plant and a rock is the rock is an unorganized mineral. The organic form of that mineral in a plant has been organized. When I say organized, it's been arranged so that your body can use it, okay?

So, I'll give you an example. I'll just use calcium real quick to give an example. It would take 1,000 milligrams of calcium carbonate, which is a limestone extract, or you can get it out of seashells. Again, neither source from a plant, right?

Or you could take about 50-100 milligrams of calcium from broccoli and get the same therapeutic benefit. So, it takes way less and the body uses way more of the organic forms of minerals.

So, silica is one of those things. We want this organic silica.

Anyways, that helps, in particular, getting the collagen to go to the skin and the joints in particular. That's needed on that level.

Another thing that would be needed in order for proper utilization, and then also maintenance of the cartilage, is zinc. The mineral zinc is super important. All of our collagen-repairing enzymes in our body are zinc-dependent enzymes. And so, it doesn't take a lot of zinc, but if you don't have zinc present in your system, or if you're deficient in zinc, you don't have any of that element available to make these enzymes that repair the collagen.

So, to put this simply, the element—basic chemistry says that elements can't be created or destroyed. So, they're either present or they're not. And so, if zinc is present, your body can make zinc-dependent enzymes because that's a component. It needs zinc. It can't make the enzyme without zinc. If zinc isn't present, the body can't make those enzymes. If it can't make those enzymes, it can't repair the collagen in your system.

So, lastly, there's one more ingredient that I would look for, and that is vitamin B6. If you're vitamin B6 deficient, you won't metabolize collagen properly, or efficiently. And again, it doesn't take a lot of vitamin B6, you don't have to take a handful of vitamin B6 pills to get this effect, but it does take some. You need it present, you know? And you typically need it present with the collagen as it's getting into your system.

The last major component is if you're consuming collagen, you need to be consuming vitamin C. Vitamin C is the antioxidant for collagen. So, it is what keeps collagen from breaking down in your system.

So, you need zinc to repair it, repair collagen, you need vitamin B6 to metabolize the collagen, you've got to have the right pH in your gut in order to absorb the collagen, but in order to protect the collagen, you have to have vitamin C.

We could use ascorbic acid, that's a real cheap and inexpensive form of vitamin C, typically extracted from—most places it's extracted from GMO corn.

**Jonathan:** Unfortunately.

**Dr. Nuzum:** Unfortunately. I wouldn't use that. If you look at ascorbic acid under a microscope, it looks like, let's say a box. It looks like a box. You can't tell what's in it without further investigation, but it looks just like a box, like vitamin C should look like, right?

And if you take enough of it, you'll get therapeutic benefit from it. It will act like vitamin C, but you've got to take a lot of it. I don't know if you've looked at vitamin C therapy, but you've got to take thousands of milligrams of vitamin C, ascorbic acid, to get the therapeutic benefit.

When we do vitamin C IV therapy with patients, I mean we pretty much have to start between 30-40,000 milligrams of vitamin C in an IV to get them the benefit.

In nature, in oranges, in lemons and limes, and tropical fruits and things like this, mangoes, all that kind of stuff, your vitamin C isn't just a box. It's a box, and it has things in it. They're called phenols, and flavonoids; cofactors are what they're called.

And so, if you took vitamin C from a lemon, let's say, versus vitamin C extracted from GMO corn, it would take—what you could get out of two or three, four, maybe five milligrams of this vitamin C, it would take you 1,000, maybe 1,500 milligrams of this vitamin C. Does that make sense?

**Jonathan:** Absolutely.

**Dr. Nuzum:** Okay.

**Jonathan:** It's all about quality, right?

**Dr. Nuzum:** Exactly.

**Jonathan:** I mean when we had the conversation about doing organic or non-GMO, it's like well, they're two corns. But the quality of one is way better than the other, and this is to a more extreme that you're sharing.

**Dr. Nuzum:** Correct.

**Jonathan:** But it's all about quality, and it's all about absorption, it's all about efficacy and what are you putting in? So...

**Dr. Nuzum:** Right. It's got to work.

**Jonathan:** Yeah, exactly. What's the point?

**Dr. Nuzum:** Exactly. What I would look for in the supplement world would be Camu Camu, or acerola cherry. They have the highest concentration of any fruit known to man, of vitamin C, and it has these phenols, and these flavonoids, these things that vitamin C needs in order to be metabolized properly. It takes very, very little amount to get a very big therapeutic benefit. And they work very, very well on collagen.

So, Camu Camu is a fruit found in the Amazon, and acerola cherry is a less common cherry. It's not like a bing. It's a little less common cherry, but it has massive amounts of naturally-occurring vitamin C.

In most studies, you take the basic hydrolyzed collagens that are available in the supplement market today, you can get the protein, the collagen protein into your blood in about an hour. Once you get that collagen protein into your blood, that's one thing, but what it does from there is a whole other thing. You might be able to get the collagen to the blood, but is the body going to use it?

Well, that's dependent on other factors. So, I would look at something that would set the stage in the gut for proper digestion of the collagen, and then something that, at the same time, had the different cofactors your body needs: the vitamins, minerals, other nutrients your body needs in order to metabolize and utilize that collagen.

You don't want to just take a protein supplement and help level your blood sugar. But if you could level your blood sugar and start toning up wrinkles in your forehead, why not do both? You know?

**Jonathan:** Sure. It's interesting, because as you talk about if you're going to take this, then have all these other things, right?

**Dr. Nuzum:** Right.

**Jonathan:** It's the same concept that we've used with everything that you've formulated for Organixx, right?

**Dr. Nuzum:** Right.

**Jonathan:** If you're going to take turmeric, get a fermented turmeric. But it should be combined with ashwagandha, with ginger, with vitamin D3, you need the fulvic and the humic acid for the delivery. That's why you can go on Amazon right now and you can type in "turmeric" and you can find a \$25 turmeric pill. And you go to our website, and it's double that. But the efficacy is more than double, right?

**Dr. Nuzum:** Right.

**Jonathan:** You can take that whole bottle and probably still barely compare to one dose of what we're doing at Organixx. And so, again, if you're taking collagen—one, everybody really 30, 35, 40, older, should be taking collagens. It's really just—it's going to help your skin, help your hair, help your nails, help your joints, help your—

**Dr. Nuzum:** Help your digestive system.

**Jonathan:** Help your digestive system, absolutely. It's just a good supplement. If you're going to do that, you want to make sure that it's got silica, horsetail herb, right? Fulvic acid, zinc, B6, and vitamin C.

**Dr. Nuzum:** Right.

**Jonathan:** So, make sure that your supplement is doing that. Of course, Organixx has our own solution. This is why we have Doc Nuzum, is we've got our own Clean Sourced Collagens Anti-Aging Blend that takes into account all of this information.

And so, the bovine collagen that we have, it's from grass-fed, pasture-raised, it actually comes out of Argentina.

The wild harvested Alaskan pollock that we have. And that is caught in the North Atlantic. We're not in the Pacific there.

Yeah, everything that we're using here is extremely clean, extremely healthy. Of course, it's got the vitamin C. I mean I can read through here, everything that's in here, if I can just find the spot that I need to.

The clean marine wild-caught hydrolyzed fish collagens, the eggshell membrane, the acerola cherry, the Camu Camu, the silica from organic horsetail, zinc gluconate, fulvic acid, and then the vitamin B6.

It's a phenomenal supplement. We created it because I want to start taking collagens, everybody that works in the company wants to be taking collagen.

**Dr. Nuzum:** "Can't we do a collagen?"

**Jonathan:** Yeah, Doc, yeah, "I can make us the best collagen." The same thing that everything we've created, we created it for ourselves to be able to take, for our families to take.

**Dr. Nuzum:** Right.

**Jonathan:** So, everything we make is above and beyond. No, we're not the cheapest supplements on the market, but we are likely the most effective supplements on the market, and we're the cleanest, and we're organic, and we have values, and we're mission-driven and just do a lot of things differently when it comes to supplement space.

So, if you're interested, click the link below. You can read a lot more about it, grab yourself a container, try it for a month. Grab three or six, try it for three or six months.

Everything at Organixx is backed with a one-year money-back guarantee. I'm not about just slinging supplements for the sake of slinging them. Get them and try them, and if you don't see a difference, don't feel a difference, just send back the container.

You can see on our website, everything we have is 4 ½-5-star-rated. We're about to be on Amazon here pretty soon, and I would imagine we're going to be the same there. All the supplements at Organixx are phenomenal.

Check out our Clean Sourced Collagens, I think you're going to love it.

Doc, thanks as always. Appreciate your time. Appreciate your time watching. And click the link below to learn more.

See you on the next video.