

# CollaMacaWhey™ FAQ's

## **1. Is there something special about the combination of Collagen and Whey?**

Dr. Natalie Kather: Beyond convenience, there is valuable synergy in combining whey and collagen protein because they provide *complimentary amino acid profiles*. In his best-selling book, *The Metabolic Plan* (Random House, 2003), Stephen defined anti-aging as the ability to increase repair while reducing cellular damage. Since all repair requires amino acids, you will have greater repair capacity from a wider spectrum of amino acids. Whey protein isolate is high in Branched Chain Amino acids (BCAA's) that your body needs for muscle synthesis. Athletes often supplement with BCAA's before and after strenuous exercise to maximize muscle gains. At the same time, men and women over 50 are encouraged to use whey isolate to counter the effects of age-related muscle loss. *And both of these groups need joint support and repair.*

That's where collagen is most valuable. Collagen is high in three amino acids, *glycine, proline and hydroxyproline* that are low in plant protein, dairy, meat and fish. Collagen is known for supporting the tensile strength of joints, bones, tendons and ligaments. By combining whey and collagen, you get the amino acids you need for the most efficient and rapid repair of your body. That's true anti-aging.

## **2. What do you mean by, "Synergized with Organic Peruvian Maca."**

Stephen Cherniske: CollaMacaWhey was designed to be a comprehensive sports & fitness supplement; not just a protein powder. Importantly, Peruvian Maca has been shown to improve exercise tolerance, making exercise easier and more enjoyable. Maca has also been studied for a wide range of benefits including immune support, mood, hormone balance and sexual health. It has been shown to support bone health, help protect the brain, and may even improve cognitive ability in healthy people.

## **3. What does it mean when you say "formulated for highest bioavailability?"**

Dr. Natalie Kather: *Bioavailability* is the term used to describe how well a compound is digested and absorbed. When it comes to nutritional supplements or superfoods, bioavailability is everything. The average healthy adult, consuming a variety of animal and plant proteins, digests and metabolizes only about 35% of the protein they consume. With any intestinal illness and / or advancing age, this number drops further. So we looked for protein sources that were research-proven to have the highest bioavailability. Clearly, the leader in that category is Whey Protein Isolate. Comprehensive testing by multiple labs shows that whey isolate outperforms all plant proteins (soy, rice, hemp, pea) as well as milk protein concentrate (MPC), casein, meat, nuts and seeds. REF: J Sports Sci Med. 2004 Sep; 3(3): 118–130. International Society of Sports Nutrition Symposium, June 18-19, 2005.

Interestingly, collagen is never included in comparative studies, because until recently, it was not considered a primary dietary protein source. New research however, is revealing that collagen may be *even more bioavailable* than whey isolate! That's because the enzyme process used in manufacturing breaks down complex proteins into small packages of amino acids known as peptides. Some of these (di- and tri-peptides) can be absorbed directly into the bloodstream within minutes after ingestion.

REF:

J Agric Food Chem. 2005 Aug 10;53(16):6531-6.

Identification of food-derived collagen peptides in human blood after oral ingestion of collagen hydrolysates.

Iwai K, Hasegawa T, et al.

*Hydrolyzed collagen powder comes from pasture-raised cows, enzymatically processed to optimize levels of di and tri-peptides, making it the most bioavailable protein.*

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#### **4. Is CollaMacaWhey gluten-free?**

Stephen Cherniske: YES. CollaMacaWhey is gluten-free. Sometimes people think maca might contain gluten because it can be used in place of flour. But Maca is a cruciferous vegetable, not a grain.

## **5. How do I take CollaMacaWhey?**

Dr. Natalie Kather: There are many ways to use this amazing product. In our book, *The Metabolic Makeover*, Stephen and I describe an intermittent fasting technique we call Kickstart. The goal of Kickstart is to keep your body in fat-burning mode for as long as possible. Everyone is fasting while they sleep, but fat-burning comes to a screeching halt as soon as you have carbs for breakfast. If instead, you have a protein shake for breakfast, you can stay in fat-burning mode (aka ketosis) until a late lunch. CollaMacaWhey is the perfect Kickstart shake for three reasons:

1. Macros: 23g of protein and only 4g net carbs
2. The whey isolate contains high amounts of glycomacropeptide (GMP) a natural and safe appetite suppressant.
3. Maca boosts energy, mood and mental clarity

If weight loss is not your goal, use CollaMacaWhey 30 minutes before a workout to PREPARE, or after your workout for RECOVERY.

Experiment with different preparations. My favorite is 2 scoops of CollaMacaWhey in a tall shaker, along with one cup (8 oz) of water and one cup of soy or goat milk. Other people use a cup of water and a cup of coffee. Whatever you decide, the mixture can be covered and shaken or whizzed with an electric hand blender.

## **6. What is the shelf-life of CollaMacaWhey?**

CollaMacaWhey is shelf-stable, and should last about 18 months under normal conditions. Lot number and expiration dates are on each container.

## **7. Can I take CollaMacaWhey along with my other supplements?**

Yes, unless you have been advised to take a particular supplement on an empty stomach

## **8. Are there any adverse interactions with prescription medications?**

Dr. Natalie Kather: As always, it is important to consult with the physician who prescribed your medication. I suspect your physician will be delighted that you are using this quality superfood.

## **9. How long will it take me to see results?**

You should see positive health benefits within your first container of CollaMacaWhey. Benefits to look for include, greater and more consistent energy throughout the day, stronger workouts, better mood and improved sex drive.

## **10. Can I buy CollaMacaWhey in stores?**

Stephen Cherniske: At this time, we prefer to sell CollaMacaWhey only through our websites: [www.TheHealthySkeptics.com](http://www.TheHealthySkeptics.com) and [www.My2048.com](http://www.My2048.com). This allows us to offer the product at an unbeatable price. If you were to purchase Collagen, Maca and Whey isolate in the same quantities from Amazon or a health food store, you'd end up paying over \$40, *and*, you'd not have the quality guarantees that Altea Health Sciences provide. Our price for 18 servings of CollaMacaWhey is \$39.95. If you are a member of The Healthy Skeptics, your price is only \$34 and shipping is FREE. To learn more about membership benefits, please visit us at: <https://thehealthyskeptics.com/shop/vip-membership/>

Onward!

## **Additional References**

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2. J Sports Sci Med. 2004 Sep; 3(3): 118–130.

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