



LUMINA C15

15 g Clinical Dose — Science Backed

LEAN MUSCLE • FAT LOSS • SKIN & HAIR



Lumina C15 – Clinical Brief

1. What It Does

- Fat loss: Clinical trials show daily collagen can reduce body fat, including stubborn abdominal fat.
 - Muscle gain: Men and women training with collagen achieved significantly greater gains in fat-free mass than placebo.
 - Strength & resilience: Collagen with vitamin C before training supports tendon and ligament strength, allowing harder training with less injury risk.
 - Daily protein boost: Collagen supplies amino acids missing from most proteins and works best alongside leucine-rich sources such as whey, soy, pea or rice.
 - Skin & hair benefits: At lower doses collagen improves skin hydration, elasticity and hair strength. Users of Lumina C15 can expect these additional results.
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2. Why 15 g?

All successful human trials showing fat loss or muscle gain used 15 g per day. Lower amounts work for skin, but not for body composition. The 15 g dose provides the right amount of bioactive peptides to influence fat metabolism, muscle and connective tissue.

3. How It Works

Burns fat

Collagen peptides improve blood sugar control, helping the body burn fat instead of storing it.

Builds muscle

Unique collagen amino acids stimulate muscle protein synthesis through complementary pathways to whey protein.



Strengthens joints & tendons

With vitamin C, collagen doubles connective tissue collagen synthesis. Stronger joints, ligaments and tendons mean more effective training.

Speeds recovery

Collagen supports repair and reduces soreness, helping users bounce back faster between sessions.

Complements other proteins

Collagen is low in leucine but high in structural amino acids. Combined with leucine-rich proteins it gives a complete muscle-building signal.

4. Clinical Proof

- Older men (Zdzieblik 2015): Training + 15 g collagen for 12 weeks delivered significantly more fat-free mass, strength and fat loss than placebo.
- Recreational men (Kirmse 2019): Training + 15 g collagen increased fat-free mass vs placebo; strength improved in both groups with a trend favouring collagen.
- Premenopausal women (Jendricke 2019): Training + 15 g collagen boosted fat-free mass and reduced fat mass more than placebo.
- Adults 50+ (Park 2023): 15 g collagen without training cut total and abdominal fat mass vs placebo.
- Tendon support (Shaw 2017): Collagen with vitamin C before exercise doubled collagen synthesis markers in connective tissue.
- Protein synergy (Oikawa 2020): Collagen supports fat-free mass but is less anabolic than whey; it works best as a complement.
- Skin & hair (Proksch 2014; Choi 2019): At 2.5–10 g/day collagen improved skin elasticity, hydration and hair quality — benefits expected at 15 g.

5. How To Use

- Daily: One 500 ml bottle = 20 days (15 g collagen peptides per day).
- On training days: Take 45–60 minutes before exercise. Vitamin C is already included to optimise tendon and ligament response.



- For best results: Pair with a leucine-rich protein source.

6. Collagen Source

Most trials used bovine collagen. Lumina C15 uses high-purity marine collagen peptides.

Science shows all collagen sources break down into the same active peptides (Pro-Hyp, Hyp-Gly) that deliver the benefits.

7. References

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