

Why and How I Use Bub's Collagen and MCT Powder

Why my family and I use Bub's Collagen and MCT Powder:

In January of 2018, my good friend and client, let me know her brother had just started a company that was making collagen. As a client, she knew one of my recommendations was to add collagen to their routine. Keep reading to learn more about the immense properties collagen provides. At the time, I was recommending collagen sources from [bone broth](#) (which I still recommend) but I found this was easy, I was more consistent and I was getting it everyday to support some many aspects of my health. I still do this today, 8 years later !

I keep this in my office for the local peeps to come by and pick up (10% discount) and I also sell through my online store which can be [signed into at Fullscript](#), you can find it in there as well.

Benefits of Bub's collagen:

- Collagen from Grass fed and pasture raised cows
- Gluten free, non GMO
- 1 serving is 20 grams of protein
- **Provides essential amino acids which are necessary for immune health, bone health, and healthy skin and hair**
- **Easily digested**
- **Supports digestive system health by healing the gut lining (many of you have heard of leaky gut...helps form connective tissue to heal and seal)**
- The perfect supplement to **enhance the body's natural ability to repair joints, tendons and muscles**
- Supports **healthy skin, hair and nails**
- **Better way to start your day with protein** instead of getting on the insulin roller coaster when taking in carbs
- **Increase muscle mass which can in turn increase metabolism**
- It is **unflavored and easily dissolves in hot or cold liquids, I add it to my coffee every morning and there is no difference in taste.**
- **You can also add it to smoothies** (without your kids knowing), as well as baked and non-baked goods.

Benefits of MCT Powder:

- **MCT** stands for **medium-chain triglyceride** which contains medium-length chains of fats called triglycerides. Due to their shorter length, MCTs are easily digested (does not require bile for digestion and absorption, which is great for many who may have had their gall bladder removed, or some just have stagnant bile, that does not get

released at the right time) and has many health benefits that are linked to the way your body processes these fats

- **Promotes weight loss** in several important ways by **increasing fullness, increasing fat loss by using MCT as the fuel source instead of carbs** (sugar as fuel). This will **help you burn energy using ketones as the fuel source and it also can help improve your gut environment**.
- **Serves as an instant source of energy that can also be used to fuel your brain** - MCT's are easily absorbed and transported throughout the body. It can be used as an instant source of energy, and can be converted into ketones to fuel your brain.
- Some research has shown that it **may reduce lactate buildup** in athletes and help utilize fat for energy, this **could be due to the fact that MCT's increase fat burning and therefore reduce the need for carbs during exercise**.
- **Acts like a creamer in my coffee!** Since this MCT is a powder it creates a cream like effect in your coffee, which is a bonus if someone loves cream in their coffee but wants to stay away from dairy.
- In the past I used MCT oil, it was harder on my digestive system, I felt the effects of caffeine more when taking MCT in that way. I also could not take it with me when I was traveling because it was in a glass jar. Cleaning my blender everyday became a big pain in the butt, the powder has been great and no more black coffee!

How I Use Collagen and MCT Powder:

Collagen - I use 1 scoop twice a day (2 cups of coffee in the morning). One cup before working out and another after working out. Consistency is going to help with joint health, skin health, gut health, etc. I am sure there is some benefit from using it once in a while, but it's kind of like eating "healthy" 50% of the time....you may not see the gains, but if you were to do it 90% of the time you would:)

Recipes with collagen:

- [Gluten Free Banana Pancakes](#)
- [Crepes](#)

MCT Powder Oil - I use 2 full scoops everyday (one in each cup of coffee- it acts as my creamer and has so many benefits!)

Who Should Use Collagen and MCT Powder?

In my opinion we can all benefit, no matter what age, but why wait until you NEED it!!! I use these two products for my kids in smoothies as well as baked goods. No one tastes them, so no fuss! I would especially use it for a person who has:

- Joint pain
- Growing issues
- Injuries to help with repair
- Anti-aging
- Support hair, skin, and nail health
- Bone health
- Gut issues
- Promotes weight loss for those wanting/need to lose weight
- A need for more protein in the diet
- A need for more calories in the diet
- If you are intermittent fasting it is a great fuel source to keep you or get you into ketosis
- If you are someone who does not want to “eat food” first thing, this can get your metabolism going, without introducing carbs, which is not good for insulin levels and overtime can cause inflammation.