



The correct dosage amounts for Step AboveProteins

Human Consumption

How much should I take?

100% Bovine Hydrolyzed Collagen Protein (Peptides Type I & III) helps for a better quality of life.

We recommend 22 grams for the minimum daily dosage of Collagen Protein.

This is equivalent to 4 rounded tablespoons.

*****Inactive** individuals, the daily dosage four rounded tablespoons.

This should be **divided into two servings**.

2 rounded tablespoons in the morning and
2 rounded tablespoons in the evening.

*****Active** individuals, the daily dosage six rounded tablespoons.

This should be **divided into two serving**.

3 rounded tablespoons in the morning and
3 rounded tablespoons in the evening.

*****A Very Active** hard working individual may benefit from a 3rd serving of **2 additional rounded tablespoons** in the afternoon.

*****For best results** it **MUST** be taken twice daily (2 times a day)
****Remember, it should NOT** be used as meal substitute. It's intended to be used as a protein supplement added to a well balanced diet.

*****Injury or pre/post surgery** dosages can be doubled for faster recovery.

(If you have stitches, we recommend to wait until they are removed before doubling dosage, because the skin is rapidly regrowing and may grow over the stitches)

How should it be taken?

Step Above Proteins supplement can be mixed in hot, warm, or cold liquids, or mixed into cereals, oatmeal, and other foods that you enjoy.

How long does it take for results?

It may take up to 6-8 weeks for you to see positive results. You will notice an increase in your concentration, energy, and strength enabling you to do more as a result of your body feeling better.

Natural Collagen Peptide Protein helps build lean muscle, strengthens ligaments, tendons, cartilage, and bone. Based on good balance of amino acids that create a unique natural protein for your well being.

*****10% off first purchase on any formula*****

**Discount code: LABRADOR (all capitals) Visit:
stepaboveproteins.com**

*****[Any Questions](#) please click the Facebook messenger (blue button) at the bottom right corner on the website. We will get back to you quickly.**