

Zeke Stevens – Presentation Abstract ISENC 2024

During this session we will explore the topic of supplemental strategies to improve recovery and overall joint health. As it stands the use of collagen peptides is prevalent amongst athletes and everyday performers alike, often using hydrolysed collagen peptides for enhanced bioavailability.

As advances continue to be made in this fascinating facet of sports nutrition, we shall delve deeper into a collagen supplement that takes a different approach. Aiming to stimulate the bodies own regenerative process.