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# *Collagen Peptides*

When I had to have surgery a few years ago, I was very concerned about hair loss. Call me crazy but after I had my last child I also wanted to make sure I prevented postpartum hair loss. I have tried everything from collagen pills, sugarbear gummies, collagen gummies, you name it. I did see the benefits of sugarbear gummies





BUT I also experienced horrible cystic acne as well. I have had amazing consistent results with this product and what I love is that if there are times that I am not consistent with taking the daily dose, I would not see a reversal in hair loss. I will say the only changes I saw is that my nails would not grow as fast and my skin wasn't supple.

