

Emotion Food Company SA  
A l'att. De Monsieur  
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**Report ANALYSES CL0044 (Cold preparation) CL0061 (hot preparation)**

IN PREAMBLE

Our body itself produces collagen, a protein that is the matrix of our cells and that consolidates the cohesion, elasticity and renewal of tissues. It is present in the skin, bones, tendons, cartilage, muscles, vein walls.

But after the age of 25, our body produces less and less collagen, and the decrease accelerates after 40. This partly explains why our skin loses its firmness, becomes less flexible, why the first wrinkles appear.

The supply of collagen from the outside, as a dietary supplement, is therefore interesting to offset this decrease in collagen production by our body. The combination with Vitamin C, powerful antioxidant, is also quite judicious because it supports the formation of matrix collagen within the body.

Marine collagen, a protein extract found in the skin of seawater fish (especially salmon and cod), is the collagen closest to human collagen, and is safer than bovine collagen, because of the risk of collagen bovine spongiform encephalopathy.

**Le collagène marin, un complément alimentaire pour lutter contre les rides et permet de soutenir l'activité de synthèse endogène du collagène.**

Marine collagen as a dietary supplement also has a smoothing effect on wrinkles and fine lines in formation. It revitalizes the skin, makes it softer and firmer, more toned, thanks to its antioxidant action against free radicals.

#### OBSERVATIONS OF THE COLD & HOT TREATED EXTRACT OF THE EASY-PROT 95 PROTEIN

First of all, this protein has a spectrum of essential amino acids (9), responding to recommended daily allowances (RDA). It is worth stressing here the surprising characteristic of this protein which is not denatured by heat. The amino acid load appears to be improved after cooked. Culinary practical applications are therefore unlimited.

For the record, essential amino acids can not be synthesized de novo by the body. This is the reason why they must be brought by food, a necessary condition for the proper functioning of the body.

In particular, two amino acids are needed for the growing child: arginine and histidine, which are also present in Easy-Prot 95.

The recommended daily doses (mg / kg) for adults, according to the WHO, are summarized in the table below:

NAME	RECOMMENDED DAILY DOSIS FOR ADULTS ACCORDING TO WHO (mg/kg)		Easy-prot 95 (mg/100g) – cold preparation	Easy-prot 95 (mg/100g) - After cooking
		Values (mg) for a adult of 70 kg		
Phenylalaline & Tyrosine	25	1750	1888	2047
Leucine	39	2730	2663	2893
Methionine & Cysteine	15	1050	2047	2325
Lysine	30	2100	4020	4394
Isoleucine	20	1400	1426	1553
Valine	26	1960	2047	2214
Threonine	15	1050	3241	3485
Tryptophan	4	280	47,2	51,2
Histidine	10	700	1247	1443

Only the intake of tryptophan, aromatic amino acid, is insufficient in terms of concentration. A diversification in protein is needed. We find it, for example, in cottage cheese, poultry, eggs, buckwheat, quinoa, amaranth, spirulina, pumpkin seeds, the mushroom *Saccharomyces cerevisiae*, better known as "yeast". beer. etc.

Its role is crucial because it is essential for the formation of serotonin, a neurotransmitter that regulates our mood and sleep. Part of the serotonin is also transformed into melatonin, another sleep hormone. Vitamin B3 or niacin, is also dependent on it and is involved in the proper functioning of the nervous system, the formation of red blood cells.

Apart from this amino acid, Easy-Prot 95 is a complete protein containing a load of essential amino acids in the proportions necessary to meet 100% of the requirements established by WHO (World Health Organization), FAO (Organization United Nations Food and Agriculture Organization) and UHN (University Health Network).

All of these essential amino acids are involved in the maintenance of healthy tissue, as well as for good mental and physical health.

## IN CONCLUSION

Marine collagen, used in **supplementation**, comes from a complex manufacturing process, called hydrolysis, made from the skin, bones and scales of seawater fish.

Under the effect of a chemical reaction caused by water, the substances of marine origin decompose, making possible the centrifugation of marine collagen which is then transformed into **hydrolyzate collagen**. The molecules present in the hydrolyzate being smaller, the passage of the intestinal barrier is optimized, increasing the **bioavailability** of marine collagen.

It is for its exceptional capacity of assimilation by the organism that the marine collagen is the most indicated form to enter in the composition of the food supplements.

A cure of marine collagen makes it possible in particular to supply a deficient diet. It also presents a tropism for the skin, which thus regains its flexibility, its tone and its general vitality, but also develops a better resistance.

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Annex : Report of analyses – extraits CL0044 & CL0061