

# A Keto Dieter's Dream: Keto Collagen Protein

## A Ketogenic Based Protein Powder? This Changes Everything

We're going to cover a lot today in this review..Collagen is still pretty new in the health and fitness world..

So I'll warn you now, that there is quite a bit of information to learn far before we get into my actual thoughts on the product..

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- What collagen is & What is it good for
  - What exactly is Keto Collagen
  - What ingredients are used
  - How to use it
  - My thoughts on it
  - And probably some other helpful tidbits you'll want to know too

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[If you are looking to re-up on your protein give this a shot you can buy it direct from the manufacturer here.](#)

[Amazon Prim Members Get It Here](#)

So now that we got that out of the way let's dissect Keto Collagen -

## **The Number 1 Question I Get Most IS "What Is Collagen?"**

- Collagen is a type of protein
- It is the most abundant protein in your body, making upwards of 25%
- Collagen protein is from grass-fed beef & is made in the same fashion that bone broth is by, low and slow heating
- Collagen itself, is considered to be the glue that holds your body together.
- Collagen breaks down into a gelatin like form. This gelatin has essentially the same amino acids as other proteins but with a slightly different chemical structure.

### **Direct health benefits of using collagen**

- Boosts output & natural energy production
- Is a building block for healthy DNA
- Helps detoxification and supports digestion
- Assists tissue recovery, rebuilding joints, tendons, cartilage, skin, nails, hair, organs, etc.
- Helps purge dead cells to allow for new growth.

## **Now That We Know What Collagen Is, And What It Can Do...**

### **What is Keto Collagen ?**

Keto Collagen is actually a combination of (2:1 ratio) collagen protein (peptides) and \_\_\_\_\_

**This specific blend is designed with keto dieters in mind. Not only are you getting collagen protein which specializes in tissue recovery from workouts, you are also getting MCTs which is the best fat for energy, focus and fat loss.**

In case you are unfamiliar with MCTs - Here is what you need to know [\(More Info on MCTs here\)](#)