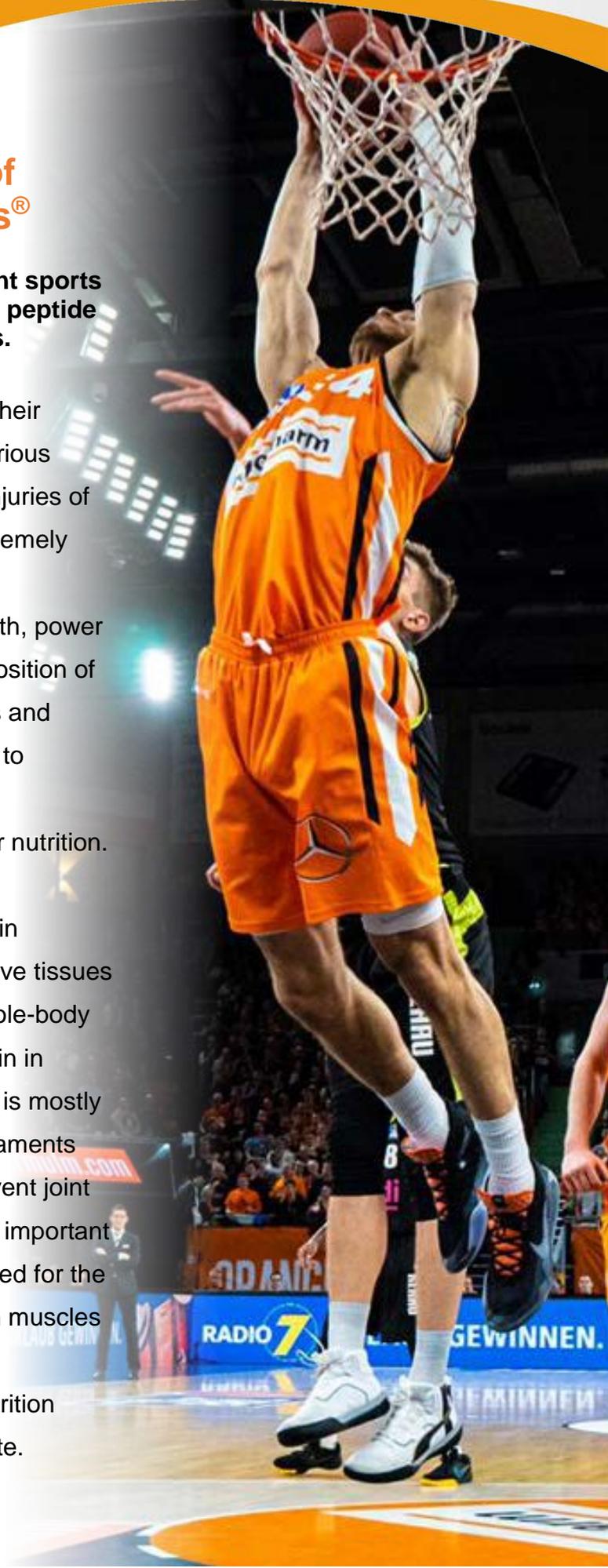


## Staying ahead of the game: Sports stars praise power of Bioactive Collagen Peptides®

**How high performance athletes in different sports got back on track by including a collagen peptide supplementation in their training routines.**

Athletes frequently subject themselves and their bodies to extreme strain, which can have serious health consequences. As such, soft tissue injuries of the muscles, tendons and ligaments are extremely common in both amateur and professional sportspeople. Strong tendons deliver strength, power and speed — derived from their intact composition of extracellular matrix collagens, proteoglycans and elastic fibers. Therefore, it's vitally important to counteract and prevent these injuries with a combination of supplements, rest and proper nutrition.

One protein in particular, collagen, is the main structural component of the various connective tissues in mammals. Comprising 25–35% of our whole-body protein content, it's the most abundant protein in humans and, in the form of elongated fibrils, is mostly found in fibrous tissues such as tendons, ligaments and skin. Collagen peptides can help to prevent joint damage from mechanical stress. It's also an important protein source, providing the nutrients required for the many metabolic processes that take place in muscles and cells. Collagen peptides can easily be incorporated into a wide variety of sports nutrition products without any negative impact on taste.





## **Athlete experience no. 1**

**Gavin Schilling**, professional German-American basketball player.

During the summer break 2019, the 23-year-old focused on bulking up in his hometown of Chicago: "I'm fit," he says, flexing his huge biceps. "I've been using a training principle of muscle mass up, body fat down." It hasn't all been plain sailing, though, as Gavin explains: "Early in the 2018–19 season, I suffered a severe ankle sprain, tearing three ligaments. At this point, I realized that simple rehab exercises

and rest wasn't going to be enough to get me back on the court in the time frame I wanted. I needed a boost to speed the process up."

This is when Gavin started taking TENDOFORTE®. "Within two months of taking a 10 g/day supplement, I noticed increased stability and strength in my ankle," he says. Full stability was achieved several weeks earlier than his doctors expected and "compared with previous tears, my return to play was fast and smooth with no lingering issues."

"During my off-season training, I kept supplementing with TENDOFORTE® to protect my ligaments and tendons. I wanted to test whether I could increase my jumping performance." After four months of use and hard work, Gavin's trainer relayed the good news that he'd increased his vertical jump power and height by 28% compared with the previous season.

"Since then," he says, "I've kept using TENDOFORTE® as part of my daily



supplement intake routine, making this my best season played thus far." He summarizes by saying that TENDOFORTE® enabled him to return to sport more quickly and safely ... and that, for him, it minimizes both injuries and return-to-play times.

## Athlete experience no. 2

**Christina Ackermann**, professional German slalom race skier



Since 2011, professional skier Christina Ackermann had been struggling with incidences of recurring pain in her right knee. The diagnosis: degeneration and microcalcification of the quadriceps tendon owing to chronic inflammation and infection. Unfortunately, a prolonged period of physiotherapy and injections failed to solve the problem ... which meant that an operation was the only remaining option. So, in 2013, the calcified material and the necrotic/inflamed tendon tissue was removed.

As a result, and after a long and successful stay at a rehabilitation center, she was finally able to exercise without pain. But, this pain-free state only lasted a year. Soon after, the quadriceps tendon once again became extremely inflamed and, in 2016, another surgical intervention was required. More of the tendon tissue was removed and, during the 2018/19 season, the tendon pain returned. At this stage, and looking for alternative remedies, the team doctor put Christina in touch with TENDOFORTE®.

“As well as taking TENDOFORTE®,” adds Christina, “I incorporated a special type of athletic training into my routine to protect my tendon tissue. By combining this with



the synergistic effect of the TENDOFORTE®, I was able to train harder and for longer than last year.” After three months of taking the supplement, Christina was able to hit the piste for the first time.

Christina's maximum strength values have subsequently improved and, above all, there is no longer any significant difference between her left (healthy) and right leg. Likewise, in terms of explosive strength, there is a clearly recognized enhancement. “Thanks to TENDOFORTE®, my quadriceps tendon is pain free, which means that I'm able to train to my full capability again,” she says.



### Athlete experience no. 3

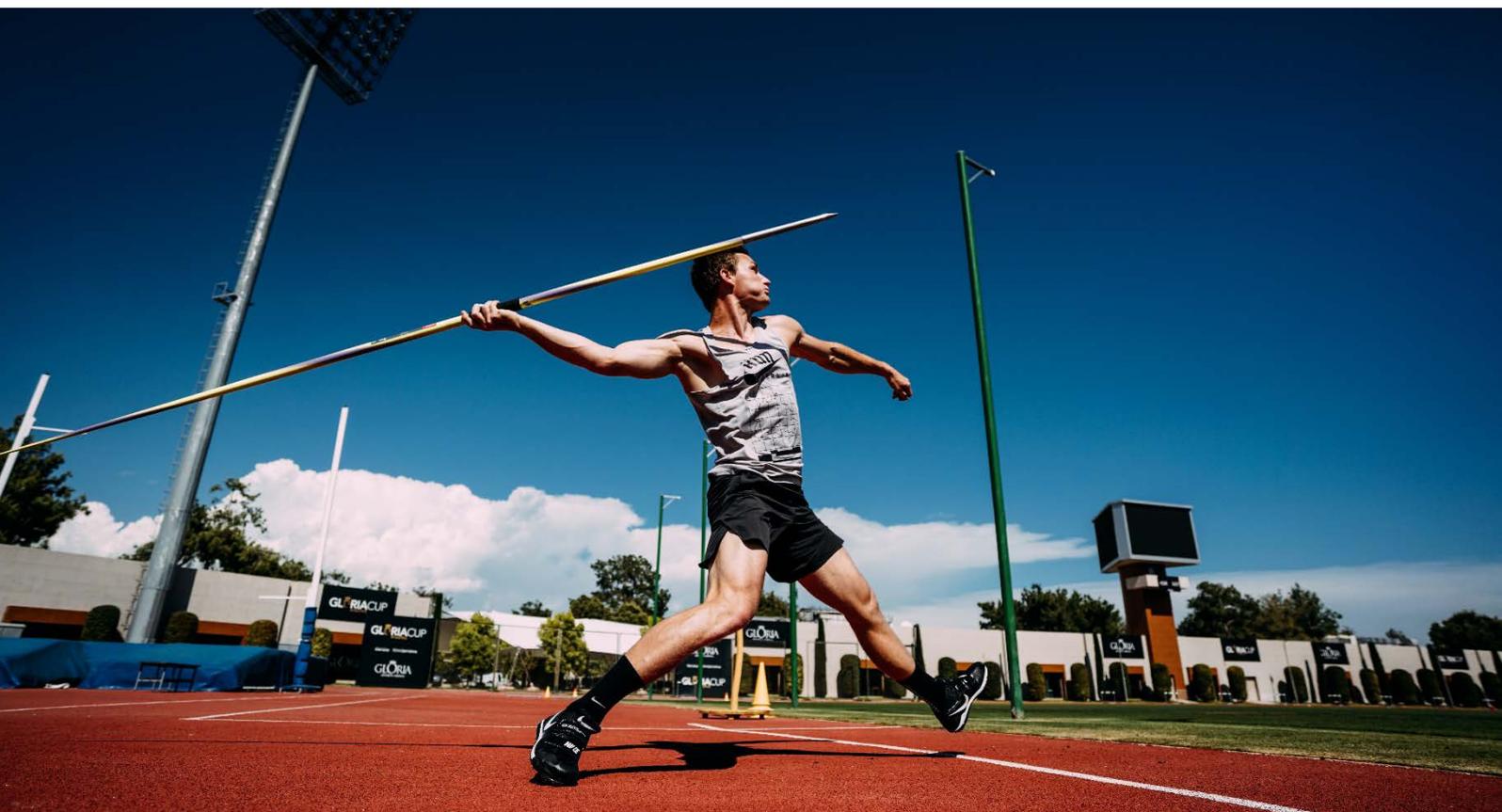
**Thomas Röhler**, an elite javelin thrower, Olympic Champion of 2016 and European Champion of 2018.



“My trainer and I are always looking for ways to optimize the structure of the connective tissue for maximum performance in javelin throwing,” he says. “In addition to training methods, we always try to view the sport holistically and in harmony with nutrition and recovery.”

And so, on the recommendation of Dr Robert Schleip, director of the Fascia Research Group and board member of the international Fascia Research Society, Thomas started supplementing with TENDOFORTE® during training for the first six months of 2018. During this time, the focus was on increasing throw intensity and reducing the risk of injury.

“The supplementation was intended to address the fascia in particular,” says Thomas. “Mixed into a sports recovery drink or smoothie, it was easy to incorporate the product into existing routines.”

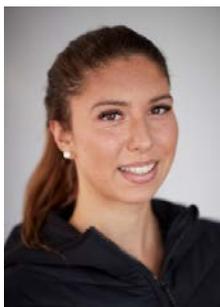


“After a short time, I felt more tension and energy in the movement sequence at different load levels. What’s more, there was a measurable increase of explosive force in comparison to the maximum force during the test period of supplementation. This effect is very important for javelin throwing because maximum force is usually accompanied by undesired hypertrophy (muscle growth), but a good explosive force is necessary to achieve maximum distances.

“We achieved a similar increase in speed in earlier years, whenever we directly stimulated fascia with targeted training content. However, the extent of this increase was much greater and easier to achieve through additional supplementation with TENDOFORTE®.”

## Athlete experience no. 4

**Alexandra Wenk**, a 24-year-old professional swimmer (national record holder, medalist at world and European championships, Olympia attendant 2012 and 2016).



Alexandra started to have problems with her right knee in the spring of 2018, which massively affected her training regime.

“I was only able to exercise the upper part of my body,” she recalls.

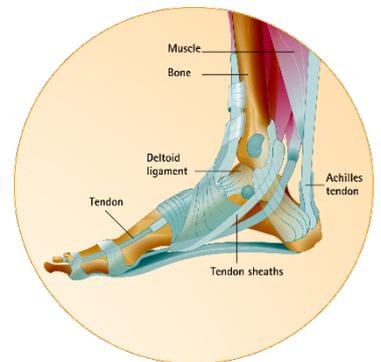
“I had to eliminate all kinds of leg exercises, so had no chance of remaining competitive.”

Knee specialist Dr Peter Brucker diagnosed bursa inflammation, cartilage damage and accumulation of liquid in the knee. Surgery was therefore unavoidable, followed by intensive rehabilitation.

As part of that rehab, Dr Brucker recommended daily supplementation with 5g TENDOFORTE® to support the recovery of the connective tissue and 5g FORTIGEL® to regenerate the damaged cartilage.

The Bioactive Collagen Peptides® in FORTIGEL® are proven to stimulate joint cartilage regeneration and effectively tackle its progressive degeneration. That means they can counteract wear and tear on joint cartilage caused by factors such as ageing, excess weight or, in Alexandra's case, strenuous physical exercise. Their advantage over other ingredients often used to improve joint conditions is that they treat the cause of the problem and not just the symptoms.

TENDOFORTE®, meanwhile, also with Bioactive Collagen Peptides®, has been optimized to strengthen tendons and ligaments. It has been proven to stimulate the RNA-expression and biosynthesis of collagen, proteoglycans and elastin in Achilles tendons and thus reduce the incidence of sports injuries and accelerate recovery.



“By mid-2018 I was able to return to a full training schedule and within a short time, I was back to full intensity,” says Alexandra. “I was very satisfied with my recovery progress and it wasn't long before I was able to exercise without feeling any pain in my knee. I'm pretty sure the supplementation with these Bioactive Collagen Peptides® played a significant role in getting me back to my optimum performance level in such a short time. My knee is 100 per cent recovered and absolutely stable.”



## Athlete experience no. 5:

**David Storl**, a 28-year-old, shot-putter World- and European Champion in 2011.

### Watch video:



He had surgery in 2015, followed by a number of injections which he says led to the formation of necrotizing tissue in the left patellar tendon.

After switching to a new coach in October 2017, David worked on his shot put technique, as well as the stability of his knees, and the strengthening of his torso and hip muscles.

At the same time, physiotherapist Raimond Igel, from the national athletics team, recommended TENDOFORTE® to help with David's knee problems as he battled his way back to full fitness. A program of daily oral supplementation with TENDOFORTE® was recommended for six months. Helping to repair the damaged patellar tendon and fascia tissue, David was, after a period of 7 years, finally able to return to his full fitness levels and compete without pain. "Now," says David, "TENDOFORTE® is part of my daily nutrient plan. It improves my recovery times after intensive training, which is important for me as strong ligaments and tendons are a critical aspect of being able to break new records and win more events."



## Athlete experience no. 6

**Rorey Hunter**, Australien middle distance runner.



Rorey has had similar success with supplementation too – but his chosen supplement was FORTIBONE®, a bone health ingredient that received the German Innovation Award 2019 in the “Excellence in B2B, Pharmaceuticals” category, with its specific Bioactive Collagen Peptides® proven to counteract loss in bone mineral density.

“I have been taking FORTIBONE® for about 12 months now, and feel I have benefited tremendously as a result,” he says. “I have found I am able to sustain my high training loads of over 130km per week and have had no interruptions with bone stress or tendon injuries, which have hampered my preparations in the past. As a result of this ability to recover more quickly, my performances have also seen a significant improvement.”

His experiences are reflected in a new study showing that supplementation with the specific collagen peptides in FORTIBONE® can support bone health by increasing bone mineral density.

The Bioactive Collagen Peptides® stimulate osteoblast cells to increase the production of the extracellular bone matrix, the essential framework that supports calcium mineralization.



Rorey has achieved three new personal bests in the last 12 months and says: “I would highly recommend FORTIBONE® to anyone looking to gain an edge over their competitors, and reach their physical best performance. I am in the best shape of my life and am very happy to continue with this supplementation.”

## Athlete experience no. 7:

**Dr. Andrea Löw**, German extreme distance runner.

As a professional historian, Dr Andrea Löw’s job takes her to some of the most remote corners of the world, including Australia, Morocco, Namibia, Vietnam and Mongolia. And, as an extreme sportswoman, she can often be found exploring these exotic destinations in a pair of running shoes and a technical T-shirt. Her passion for running stems from an unlikely beginning as a long-distance athlete. Shortly after her birth, her parents weren’t even sure whether their daughter would ever be able to set

one foot in front of the other. Then, at the age of thirty, Andrea was scheduled to undergo a serious hip operation, with doctors declaring that her physically active life was soon to be over. But, against the odds, Andrea started running and discovered a passion for it, which she shares with her followers as a blogger.

“As an ultra-runner,” she explains, “I sometimes put my tendons and joints under a lot of strain. And, in recent years, I’ve periodically struggled with an inflamed tendon, most recently at THE TRACK, a race in the Australian outback during which I ran 522 kilometers in nine stages in May 2019.” She continues: “TENDOFORTE®



strengthens and supports my tendons, so I had no problems with my shins during the Ultra Mirage El Djerid, a 100 km non-stop run through the Sahara in Tunisia ... and at the GELITA Trail Marathon in Heidelberg in autumn 2019.”

“I am very grateful for the support and the extremely useful advice I’ve received from GELITA, as I also have big goals for 2020.” In July, this year, Andrea will be running the Ultra Norway Race in the north of Norway (140 km with a 9000 m change in altitude) and, in September, she’ll tackle the 220 km Ultra Bolivia Race in seven stages, all at an altitude of more than 3000 m.

## Bioactive Collagen Peptides®: A new understanding of the role of proteins in sports nutrition

Acting on the whole musculoskeletal system, GELITA offers a portfolio of specific Bioactive Collagen Peptides®, besides TENDOFORTE®, that are all highly suitable for functional sports bars, beverages or functional foods. With FORTIGEL®, the company offers a bioactive component that’s proven to stimulate joint cartilage regeneration. In addition, GELITA’s FORTIBONE® contributes to bone health by promoting the biosynthesis of the extracellular bone matrix. Finally, BODYBALANCE® contributes to body toning as it helps to increase muscle mass, to decrease body fat and to increase strength.

For further information please contact us:

[mailto: GELITA](mailto:GELITA)

[www.GELITA.com](http://www.GELITA.com)



**Bone Health**

- Improving bone stability and flexibility

**FORTIBONE®**  
Collagen Matrix Stimulation

**Body Toning**

- Increasing muscle mass and decreasing fat mass

**BODYBALANCE®**  
Always in Shape

**Joint Health**

- Measurable recovery of joint cartilage

**FORTIGEL®**  
The Joint Health Revolution

**Connective Tissue Improvement**

- Strengthening ligaments and tendons

**TENDOFORTE®**  
For Connective Strength