

## Aoife Byrne – Athlete

Training and competing as a full time athlete I am always searching for ways to improve recovery and thus performance. I am delighted to have discovered Pure-Col 100% Collagen capsules. I am taking them to help maintain healthy connective tissue, muscles, joints and cartilage and assist in any injuries that I may get.

I take 3 capsules every night and also hope to benefit from better sleep, healthy skin and a reduction of body fat. I would recommend Pure-Col to any person who wants to increase energy and performance in a natural way.

