

**DIETITIAN REVIEW REPORT BY KAREN'S NUTRIFACT**

**Sakura Supreme Collagen plus Beauty & Health Benefits  
by Korean Farm Beauty & Health**

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**1. Collagen Peptide-Optima (Marine Collagen Tripeptide)**

Marine Collagen Tripeptide used is a patented bio-ingredient from South Korea. It is naturally extracted from 100% fish scales. Compared to bovine collagen, the collagen produced from the marine source has higher bioavailability and better absorption. Besides, it is also considered as an eco-friendly and religious-friendly collagen source. Marine collagen tripeptide is a form of hydrolysed collagen with minimum units (3 essential amino acids only).

**CHARACTERISTICS:**

- Presented with lower molecular weight (<1kDa) and minimum units of collagen, it allows more direct absorption and distribution in the body than other hydrolyzed collagen forms to ensure skin and joint health.
- Choosing tripeptide instead of amino acid as the supplement form can allow more effectively to form complete collagen in the body after being digested.
- High purity, no bad odour and high solubility.

**HEALTH BENEFITS:**

- Helps in wound and tissue healing, such as cornea, gums and scalp repair
- Promotes new collagen and hyaluronic acids production the body
- Increase hydration, elasticity and skin rejuvenation
- Anti-skin aging and anti-melanogenic capacities
- Protect the joint health and relieve joint pain
- Produce calming effect on central nervous system to relieve anxiety and promote good sleep

**RECOMMENDED DOSAGE:**

- For skin health: at least 2.5g daily intake showed benefits after 8 weeks.
- For joint health: at least 2g daily intake for 10 weeks may help reduce joint pain.
- For brain health: 5g daily intake may improve cognitive function
- According to the research, taking a maximum dose of 15g daily may be safe and effective.

**2. Tiger Milk Mushroom (TigerPro™)**

Tiger Milk Mushroom used is a patented ingredient which is only extracted from the tiger milk mushroom sclerotium part, as this is the part consisting of higher concentration of beneficial bioactive components. Tiger Milk Mushroom has been well known as a traditional remedy for around 400 years for respiratory health and stamina provision, with no known adverse side effects.

**CHARACTERISTICS:**

- Contain >50% of beta glucan and other bioactive components.
- Produced by cultivation technology that mimics the natural growing process of wild Tiger Milk Mushroom.
- According to the research, the cultivated strain has higher amino acid content and minerals, such as calcium, potassium, magnesium, than wild strain.
- Free from corticosteroids.

**HEALTH BENEFITS :**

- Modulates the immune system
- Anti-asthmatic by decreasing the number of eosinophils and infiltrations in the lungs.
- Antimicrobial and antiviral properties
- Act as anticoagulant and fibrinolytic agent to treat thrombolytic conditions
- Strong antioxidant and anticancer properties
- Anti-inflammation (which may relieve joint pain as well)
- Relieve nasal sensitivity and nasal congestion

**RECOMMENDED DOSAGES:**

- According to the manufacturer: Up to 500-1000mg daily for adults 18 years and above whereas 200-500mg daily for those who aged below 18 years old.
- Research findings: 300mg twice daily for 3 months showed improvement, but required a longer time to achieve better results.

**3. Sakura Extract (*Prunus serrulata*)**

Sakura Extract originated from Japan and is found as an anti-glycation agent which promotes anti-aging. It consists of cinnamoyl glucose derivatives and flavonoid glucosides, mainly caffeoyl glucose as well as quercetin glucoside. These bioactive components are proven effective in suppressing the advanced glycation end products (AGEs), which may speed up the aging process and influence the collagen formation.

**CHARACTERISTICS:**

- Highly stable upon heating in food processing to ensure great retention of bioactive components.
- Highly stable in acidic condition
- Able to work synergistically with hydrolyzed collagen to promote skin health

**HEALTH BENEFITS:**

- Anti-inflammatory and antioxidant property
- Helps to lighten skin pigmentation
- Anti-aging by reducing the line and wrinkle formation
- Provide protection against UVB radiation
- Maintain extracellular collagen matrix

**RECOMMENDED DOSAGE:**

- Based on manufacturer: 50-150mg of Sakura Extract daily
- Research findings: 150mg daily for 8 weeks was found to reduce skin AGEs and improve skin pigmentation, however longer duration is required to obtain more significant results.

**4. Rice Bran Ceramide Extract**

Approximately 50% of ceramide forms the skin barrier against the water loss, however it would decline due to increasing age and climate change. Oral administration of rice bran ceramide (*Oryza sativa* L.) has been gaining interest recently to improve dry skin and protect the epidermis from oxidative stress. Glucosylceramide is the main dietary sphingolipid derived from rice bran ceramide extract, which is essential to maintain the skin permeability barrier homeostasis.

**CHARACTERISTICS:**

- High purity from contaminants and microorganisms
- The glycosphingolipid of rice bran is similar to the mammal glycosphingolipid
- Contains minimum of 3% glucosylceramide
- Highly safe to consume
- Claimed to have superior moisturizing effect compared to other plant sources

**HEALTH BENEFITS:**

- Improve skin hydration and elasticity
- Promote skin recovery after disruption
- Suppress inflammation and relieve allergic reaction
- Inhibit tyrosinase activity level to assist in pigmentation reduction

**RECOMMENDED DOSAGE:**

- Based on the manufacturer: it is recommended to take 20-60mg with 0.6-1.8mg of pure glucosylceramide daily.
- Research findings: 30-50mg/day is recommended for whitening effects whereas 20-40mg/day is suggested for moisturizing effect.
- Too much ceramide extracts may increase the risk of cardiovascular events and leptin resistance. Check with your physician before taking a ceramide-containing supplement.

**5. Vitamin C (Ascorbic Acid)**

Vitamin C was initially recognized from the scurvy pandemic in 1930. When the body is lacking Vitamin C, it will affect the collagen formation, resulting in swollen and bleeding gums, frequent lethargy, difficulty of wound recovery, and even leads to death. As Vitamin C is a water-soluble vitamin and unable to be synthesized by the body, it is essential to replenish Vitamin C daily. Vitamin C used is analyzed free from any contaminants and manufactured in highly absorbable dosage.

**HEALTH BENEFITS :**

- Maintain healthy immune system
- Promote collagen formation
- Antioxidative and antitumour properties
- Enhance dietary non-heme iron absorption
- Promote cell regeneration and recovery
- However, bear in mind that Vitamin C is not able to treat flu but only able to alleviate the severity of symptoms.

**RECOMMENDED DOSAGE:**

- With the intake of 30-180mg daily, about 70%–90% of vitamin C is absorbed.
- Based on Malaysia RNI,

<b>Age</b>	<b>Daily Recommended Intake</b>
1-6 years old	30mg/day
7-9 years old	35mg/day
10-18 years old	65mg/day
>18 years old	70mg/day
<ul style="list-style-type: none"> <li>• If 1000mg of Vitamin C is taken, the absorption rate will drop to less than 50% and the excess will be excreted in the urine.</li> <li>• Daily intake of 2-3g of Vitamin C may increase the risk of kidney stone and digestive discomfort.</li> </ul>	

**6. Pomegranate juice extract (Punica granatum L.)**

Pomegranate is an ancient fruit which is well known as the queen of antioxidants among the fruits. The extremely high concentration of bioactive compounds, especially punicalagins and punicalin, making pomegranate juice scores 96 out of 100 for its antioxidant ability. Apart from that, anthocyanin which makes up the red colour of juice is another important antioxidant against oxidative stress.

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## CHARACTERISTICS:

- Possess 3 times of antioxidant activity than red wine and green tea
- Possess double antioxidant activity level than blueberry juice
- The bioactive components can be metabolized and persist in the body up to 3-4 days after intake to exert beneficial effects.

## HEALTH BENEFITS:

- Reduce inflammation and anti-cancer effect
- Reduce blood pressure as little as 2 weeks
- Promote cardiovascular health
- Potential prebiotic effect to promote gut health
- Provide skin protection against UVB-radiation
- Encourage cell regeneration and delay aging process

## RECOMMENDED DOSAGE:

- Up to date, there is no recommended dosage for pomegranate juice extract daily.
- However, no adverse effect was shown even though the people were prescribed with high dosage of 1420mg/day pomegranate juice extract.

## **Frequently Asked Questions about Sakura Supreme Collagen plus Beauty & Health Benefits**

- 1. How old can we start to consume Sakura Supreme Collagen?**
  - Collagen loss starts at 20-29 years of age, therefore it can start to consume by the age of 20.
- 2. What are the possible side effects of taking Sakura Supreme Collagen?**
  - Sakura Supreme Collagen is considered safe and mostly won't experience adverse side effects. However, some people may experience mild side effects, such as digestive discomfort in the beginning. Thus, follow the recommended dosage set by the manufacturer instead of consuming based on your own preference.
- 3. What is the best time of day to take Sakura Supreme Collagen?**
  - Anytime will be fine, but it is encouraged to consume consistently at the same time daily. If you have a sensitive digestive system, you may take it after a meal.
- 4. Does Sakura Supreme Collagen have the whitening effect?**
  - Although it is impossible to change the constitutional skin tone, Sakura Supreme Collagen helps to reduce the skin hyperpigmentation due to too much exposure to sunlight and lightens the scar.
- 5. Can a patient with a fibroid take Sakura Supreme Collagen?**
  - As Sakura Supreme Collagen does not contain hormones or any stimulants, it is safe to consume.
- 6. Can pregnant and breastfeeding mothers take Sakura Supreme Collagen?**
  - It is safe for pregnant and breastfeeding mothers to consume as the ingredients used are within the safe dosage. However, it is ideal to consult with your doctor in advance.
- 7. What are the possible healing crises of having Sakura Supreme Collagen?**
  - As it contains tiger milk mushroom, certain people may experience symptoms such as increasing phlegm, and coughing more badly. This is because the body tends to expel the phlegm out to relieve the discomfort. Thus, it can be considered as a good sign.
- 8. Can a person with pleural effusion take Sakura Supreme Collagen?**
  - It is suggested to consume after the fluid has been eliminated. Besides, if someone is coughing up blood, it is better to seek a doctor first to identify any internal bleeding.
- 9. Can a Covid-19 patient take Sakura Supreme Collagen?**
  - Yes, it is known to encourage strong immunity and protect the lungs. However, the patient still needs to do isolation well and receive proper treatment once diagnosed.
- 10. Why do some people experience heatiness or constipation after taking the supplement containing Tiger Milk Mushroom?**
  - It is a normal healing reaction, but usually happens with higher dosage (500mg or more). Sakura Supreme Collagen contains lower dosage than that, therefore it is rare to occur.
  - If the effects are severe, it is recommended to stop consuming for a short time and take more water daily. After that, start at a low dose, with 1 sachet in 2 days.
- 11. Can the patients taking blood thinning medication take Sakura Supreme Collagen?**
  - Certain ingredients (tiger milk mushroom and pomegranate) have anticoagulant ability, however so far, no human studies have been done and the dosages contained are low. Can take at the recommended amount daily.

**12. How to take Sakura Supreme Collagen if the person is also having medications at the same time?**

- It is recommended to take it at least 2 hours apart from other medications to avoid drug-nutrient interaction.

**13. What is Tricalcium Phosphate?**

- It is a common food stabiliser which acts as anti-caking agent in powdered food products. It also can be used for calcium fortification. Its safety as a food additive has been approved by the U.S. Food and Drug Administration (FDA), European Food Safety Authority (EFSA), Joint FAO/WHO Expert Committee on Food Additives (JECFA), as well as other authorities.

**14. Can the dialysis patient take Sakura Supreme Collagen?**

- It is not recommended to take. Please consult the physician before planning to take any supplements.

**15. Can a customer with immunosuppressants take Sakura Supreme Collagen?**

- It is not recommended to take unless he/she completed the treatment after 1 month. Besides, those who are undergoing electrotherapy, chemotherapy or radiotherapy are not recommended as well.

**16. Can a customer with psoriasis take Sakura Supreme Collagen?**

- Can, it may help to relieve symptoms and boost the skin recovery.

**17. Can a customer with atopic dermatitis take Sakura Supreme Collagen?**

- It is suitable to take, as collagen tripeptide is effective for relieving the inflammation.

**18. Can a customer with G6PD (Glucose-6-Phosphate Dehydrogenase) deficiency take Sakura Supreme Collagen?**

- Can. Based on the list of prohibited foods and medications of G6PD deficiency, the ingredients in Sakura Supreme Collagen are not included.

**19. Can a patient with sinusitis take Sakura Supreme Collagen?**

- The patient can try to take it to relieve the symptoms. However, if the condition is serious, it is better to consult a doctor for medication or surgery.

**20. Will the skin condition go back to normal or worsen once I stop taking Sakura Supreme Collagen?**

- No, Sakura Supreme Collagen helps to regulate skin metabolism and promote skin radiance. However, it is recommended to consume daily as the skin would still be exposed to external or internal free radicals daily.

**21. Will taking Sakura Supreme Collagen cause acne?**

- It varies from person to person. It may be some initial detoxification process, and at the same time reduce the dose to 1 sachet in 2 days and drink more water.

**22. Can a person with seafood allergy take Sakura Supreme Collagen?**

- As the Marine Collagen Tripeptide is used, it is not easy to cause sensitivity. Mostly seafood allergy occurs due to high protein content which are allergens that easily activate the immune response, but it may vary from person to person.

**23. Can a diabetic person take Sakura Supreme Collagen?**

- Can, it is suggested to consume with food or after a meal. Besides, the customer should know how to manage carbohydrate intake daily to control blood sugar level.

**24. Can a person with endometriosis take Sakura Supreme Collagen?**

- Cannot, because the collagen may make the condition worse.

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**Sakura Supreme Collagen plus Beauty & Health Benefits' ingredients, characteristic and benefits has been independently reviewed by Karen and she has provided the above FAQ for our customers.**