
DO WHAT MAKES YOU FEEL GOOD
Collagen Reimagined
TRUVANI.
UNFLAVORED - GRASS FED
COLLAGEN PEPTIDES
MADE FROM 1 INGREDIENT SOURCED FROM TRUSTED FARMS IN ARGENTINA
DIETARY SUPPLEMENT
NET WT 4.94 OZ (140G)
TRUVANI.

What Makes You Feel Good?

Recently, the concept of a "dopamine menu" went viral on social media. The idea behind it is to identify things that make you *truly* feel good. And then to remember to do more of those things, instead of stuff that doesn't really serve you.

It may sound silly, but it's a solid strategy for improving the overall quality of your life.

What's on your dopamine menu?

As we start fresh this year, we encourage you to do more of what makes you truly feel good.

Maybe it's indulging in a moment of guilt-free pleasure - like baking your favorite brownies...

Or prioritizing your health, by getting outside and moving your body (even when you have a ton of stuff to get done).

Inside these pages you'll find several ways to create more "feel good moments" with Truvani's Collagen Peptides and elevate your every day.





Why is Collagen Important To Feeling Good?

Have you ever heard the phrase “look good, feel good”? Collagen is the most abundant protein in our body. Unfortunately the natural production of collagen decreases significantly as we age (starting as young as 20 years old!). As we lose collagen we start to see the quality of our skin, hair and even the health of our joints decrease.

Supplementing with collagen can support all of this and more.

And as if you needed one more reason, it’s shown to benefit the health of your gut as well.

If you are not already, now is the time to make collagen a part of your daily self-care rituals.

INGREDIENTS MATTER

Our mission is to make products with better ingredients.

There are a lot of different collagen options out there
...so why try Truvani collagen?

As with every product that we create, years of research and development went into the creation of our collagen. We vetted hundreds of sources until we found an incredible collection of cattle farms in Argentina that we knew we could trust.

Truvani's collagen is ethically and sustainably sourced from cattle that are grass-fed and free to roam and graze in the fresh air of select farms in Argentina.

We are obsessed with ingredients.

Our simple formula is free from dairy, gluten, sugar and any kind of flavoring. Our customers are constantly raving about how great they feel after consuming our collagen because it's clean and super easy to digest.

And because of how easily it dissolves, you can add Truvani Collagen to anything for an added health and beauty boost!



TRUVANI COLLAGEN

Dissolves Effortlessly - Try it For Yourself!
Made From Just One Ingredient


GLUTEN FREE


NON-GMO


NO DAIRY


NO FLAVORINGS


NO HORMONES


NO STEROIDS


NO ANTIBIOTICS


NO SUGAR

Truvani Collagen Mixes Effortlessly Into Anything.
See For Yourself...


WHY DON'T YOU...
Start Your Day With A Nourishing Smoothie
TRUVANI
CERTIFIED ORGANIC
PEPTIDES

Berry Beautiful Smoothie

INGREDIENTS

½ frozen banana
½ cup of frozen berries
1 scoop of Truvani Vanilla Protein
1 scoop of Truvani Collagen Peptides
1 cup of canned coconut milk
1 cup of ice

INSTRUCTIONS

Add all ingredients and mix in a blender. Pour and enjoy!

In these recipes you will find several skin loving ingredients such as olive oil, berries rich in vitamin c (which supports your body's own collagen production), and of course Truvani's amazing Collagen Peptides.

Fun fact: consuming vitamin c and zinc with collagen can help to support its absorption.





WHY DON'T YOU...

Stay in Your PJs All Day & Bake Something Sweet

Collagen Chocolate Chip Cookie

INGREDIENTS

½ cup olive oil
¾ cup coconut sugar
1 egg
2 scoops of Truvani Collagen Peptides
2 tsp vanilla extract
1 tsp of cinnamon
2 ½ cups almond flour
½ tsp baking soda
1 cup of chocolate chips
1 pinch of salt

INSTRUCTIONS

Preheat oven to 350°F. Whisk olive oil, egg, coconut sugar, and vanilla together until smooth.

Add in two scoops of Truvani Collagen. Stir in the dry ingredients until everything is well combined, then mix in chocolate chips. Scoop dough and roll into about 2 inch sized balls and flatten them.

Bake for about 15 min. Cool and enjoy!




WHY DON'T YOU...
Pair Your Pastries With Something Good For Your Gut
TRUVANI
CERTIFIED
PLANT
PRO
VAN
PROTEIN POWD
ONLY 5 ING
TRUVANI



Skin & Gut Soothing Strawberry Jam

INGREDIENTS

1 cup of your favorite jam (we love strawberry)
½ scoop of Truvani Collagen Peptides

INSTRUCTIONS

Scoop 1 cup of jam into a small bowl. Stir in ½ scoop of Truvani Collagen and mix until combined. Spread onto toast, waffles or enjoy with your favorite pastries.

*Makes about 3 servings



WHY DON'T YOU...

Enhance Your Favorite Pasta With Protein

Secret Ingredient Spaghetti Sauce

INGREDIENTS

1 jar of your favorite pasta sauce
1 scoop of Truvani Collagen Peptides
Grated parmesean cheese

INSTRUCTIONS

Pour a jar of your favorite pasta sauce into a pot on the stove. Stir in a scoop of collagen. Heat to desired temperature and then mix in your pasta.

Grate cheese on top. Serve and enjoy!





WHY DON'T YOU...

Swap Your Evening Cocktail For A Drink With Benefits

Glowy Collagen Cocktail

INGREDIENTS

Juice from 1 lemon
4 strawberries (tops removed)
1 scoop of Truvani Collagen Peptides
2 tbs of olive oil
2 tbs of honey
2 cups of cold water
Pinch of salt
Ice (for serving)

INSTRUCTIONS

Blend all ingredients in a blender and pour into a cocktail shaker. Shake with ice and pour into cocktail glasses. Garnish with a slice of citrus and a few drops of olive oil.

*Makes 2 drinks




WHY DON'T YOU...
Turn Your Morning Latte Into A Skincare Moment



Frothy Collagen Latte

INGREDIENTS

2 cups of your favorite coffee
1 scoop of Truvani Collagen Peptides
Any desired sweetener or creamer

INSTRUCTIONS

Take your coffee and add in a scoop of collagen. Use a handheld frother to create a fluffy consistency. Add in any desired sweetener or creamer and stir.

Sip and enjoy your beauty boosting beverage.



WHY DON'T YOU...

Sneak Something Good For You Into A Tasty Treat



Irresistible Strawberry Rice Crispies

INGREDIENTS

4 cups of marshmallows (we love Hammonds)
4 cups of puffed rice cereal
1 scoop of Truvani Collagen Peptides
4 tbs of coconut oil
½ cup of freeze dried strawberries (optional)

INSTRUCTIONS

Melt 4 tbs of coconut oil in a large pot on the stove. Add in 4 cups of marshmallows and stir until melted.

Stir in one scoop of collagen. Add in one cup of puffed rice cereal at a time and mix until everything is combined.

Pour into a parchment lined 8x8 baking pan and press down into edges. Top with crushed freeze dried strawberries.

Let cool. Cut and enjoy.

GOOD FOOD = GOOD MOOD

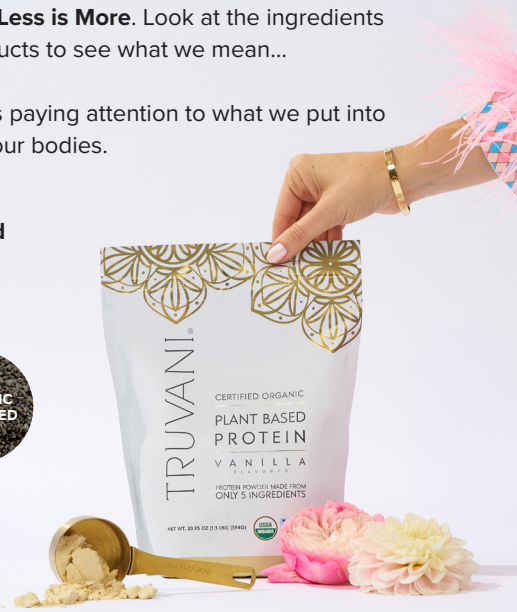
At Truvani, we believe that **Less is More**. Look at the ingredients in any of our products to see what we mean...

A big part of feeling good is paying attention to what we put into our bodies.

Truvani's Organic Plant Based Vanilla Protein Powder

Made from just 5 ingredients:







Truvani's Only Bars

Made ONLY with ingredients that you could find in your kitchen like:



YOU'RE INVITED TO JOIN TRUVANI'S DOPAMINE CHALLENGE

Now that you're feeling inspired by some of the ideas that we have shared on the previous pages... we'd like to invite you to join us.

Over the course of the next 7 days, dive into simple activities that naturally boost your dopamine levels—the brain's "feel-good" chemical.

From mindful movement and nature to dopamine-rich foods, this experience will guide you to harness the power of natural dopamine-boosting practices for a more joyful and vibrant life.

Discover how small, intentional changes can make a lasting impact on your happiness and health!

HERE'S HOW IT WORKS

Share how you are using Truvani as part of your dopamine menu activities on social media and tag us.

We will select a winner each week for the month of January to win a $100 Truvani gift card.

And we will be reposting our favorites all year long!

@TRUVANI


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READY TO MAKE COLLAGEN A PART OF YOUR DAILY SELF CARE RITUALS?

Go to Truvani.com and
use code: DOPAMINE at checkout
for 20% off sitewide.

Where Can I Find Truvani In Stores?

Find Our Protein Powders Here

WHOLE FOODS MARKET · Walmart · SPROUTS FARMERS MARKET · EREWHON

Find Our Bars Here

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