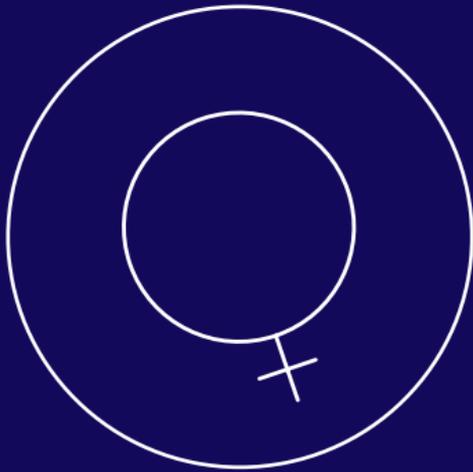




Nutraceutical Collagen Drink Supplement

An evidence-based, pro-ageing nutraceutical collagen supplement for complete collagen production, maintenance and repair from within, for an integrated, long-term health approach to skin and body regeneration.



Totally Derma[®]

Get your bounce back

Totally Derma® is a pro-ageing drink supplement that stimulates the body's optimum production of collagen, elastin, and hyaluronic acid. The formulation of Totally Derma® contains high amounts of collagen amino acid peptides, hyaluronic acid, and other synergistic co-factors which are distributed via the blood vessels into the deep layer of the skin, the dermis, where they stimulate fibroblast cells to produce more collagen and hyaluronic acid. The drink contains a superior form of enzymatically hydrolysed collagen, Arthred®, sourced via Gelita, AG, the collagen peptide experts. Totally Derma® has been specially formulated to reduce inflammation in the body to improve skin, hair, nail, joint, gut, bone, and menopausal health.

What is GSM?

The Genitourinary Syndrome of Menopause (GSM) is a term that is used to describe the various menopausal symptoms that transpire due to physical changes in the vulva, vagina, and lower urinary tract. GSM includes genital symptoms, such as vaginal dryness, burning, and irritation; sexual symptoms, such as lack of lubrication, discomfort, or pain during or after sex; as well as urinary symptoms, including stress and urge incontinence, and recurrent urinary tract infections. It is estimated to affect more than 70% of women worldwide, but it is rarely talked about

and many women do not seek treatment. GSM symptoms can have a profound negative impact on quality of life and affect relationships. For instance, urinary symptoms such as stress urinary incontinence and urge incontinence result in many women relying on expensive absorbent underwear or limiting their outings from home in case they have an accident. Vaginal symptoms such as dryness, irritation, and painful sex can affect relationships, with many women having to abstain from having sex or experiencing discomfort and pain during or

after sex. In addition to distressing GSM symptoms, women around the age of menopause are also confronted with declining collagen production, which leads to poor skin, hair, and nails health, as well as joint pain.

“
Everything improved!
I am so thankful.
This collagen-boosting supplement is something I'll be taking for life.

3 Month clinical study



Genitourinary Syndrome of Menopause (Gsm)

Abstract

This study in 2021 is aimed at quantifying anecdotal reports that Totally Derma® has helped women who take it with their GSM symptoms, as well as assess the improvements in skin, nail, hair, and joint health of these women. While it is a small study, a 70% improvement in GSM symptoms has been reported, and almost 90% of participants have seen a boost in their skin, nail, hair, and joint health.

Methodology

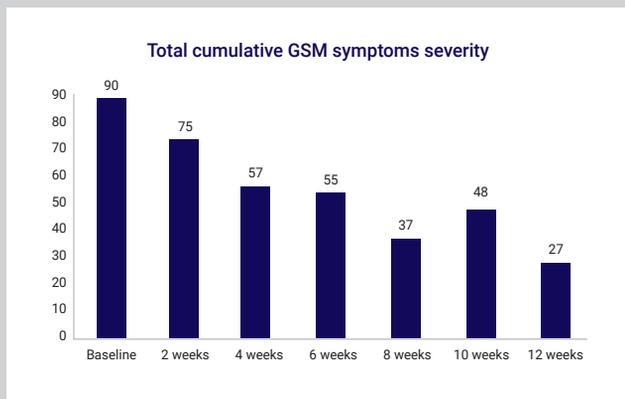
Eight women with an age range of 48-61 were instructed to take Totally Derma®, a hydrolysed bovine collagen supplement*, at night for 12 weeks.

Seven of the eight women had not taken this or other collagen supplement regularly before or within the last 12 months. None had any diagnosis of vaginal or other significant health conditions that would interfere with results or render them ineligible due to contraindications from taking the supplement. Seven of the eight were post-menopause, one was perimenopausal, and the average age was 51. Five were using transdermal or oral HRT, in addition, one was using ovestin, one was using vagirux and one was using a DHEA supplement.

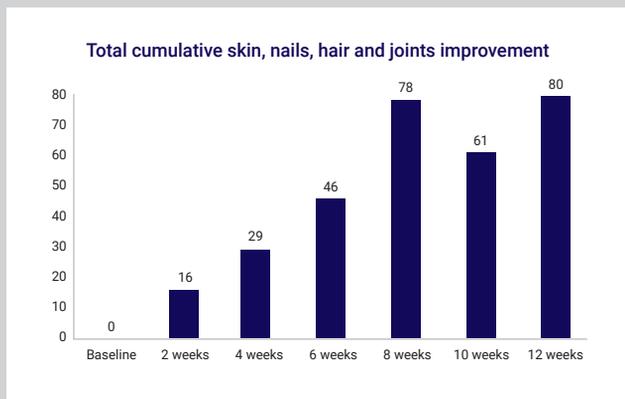
The women were asked to rate their GSM symptoms (vaginal dryness, pain during or after sex, bleeding after sex, stress urinary and urge incontinence, genital irritation) every fortnight for three months with a rating scale of 0-5. Zero equated to no symptoms, 1= mild, 2= mild-moderate, 3= moderate,

4= moderate to severe, 5= severe. The women were also asked to rate skin, hair, nail, and joint improvements each fortnight for 12 weeks on a scale of 0 = no change, 1 = mild improvement, 2= moderate improvement, and 3 = good improvement. The first report was considered the baseline and was compared to the results after 12 weeks for all symptoms measured.

Results



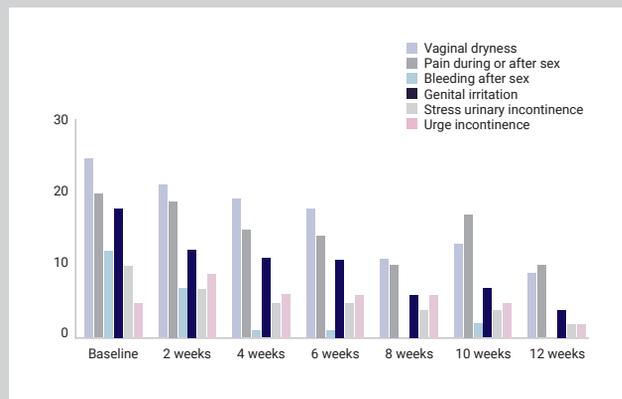
The first report was considered the baseline and the cumulative score of symptoms severity was 90. This dropped steadily during the course of the study to reach 27 by the end – a 70% improvement in symptoms. Individually there has been an improvement in all symptoms.



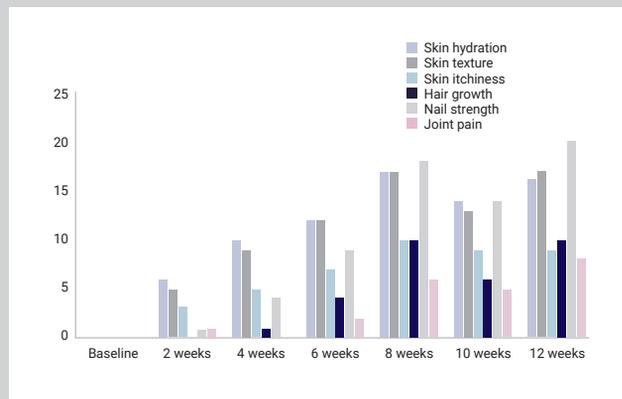
Across the board, 88.8% of the participants saw improvements in all areas measured. Skin and nail strength performed the best with a 65% improvement in skin hydration, 71% in skin texture and a 95% improvement in nail strength and appearance reported. Skin itchiness improved by 70%

References:

Moral, E., Delgado, J. L., Carmona, F., Caballero, B., Guillán, C., Gonzalez, PM, Suárez-Almarza J, Velasco-Ortega S, Nieto C; as the writing group of the GENISSE study. (2018). Genitourinary syndrome of menopause. Prevalence and quality of life in Spanish postmenopausal women. The GENISSE study. *Climacteric*, 21(2), 167-173. Kim, H. K., Kang, S. Y., Chung, Y. J., Kim, J. H., & Kim, M. R. (2015). The recent review of the genitourinary syndrome of menopause. *Journal of menopausal medicine*, 21(2), 65-71.



- A total 70% improvement in all GSM symptoms.
- All women said the bleeding after sex had stopped.
- 80% said the stress urinary incontinence had improved.
- 60% said their urge incontinence had improved.
- 77% said the labial symptoms were no longer as severe, with one experiencing no symptoms at all.
- 64% said their vaginal dryness improved.
- 50% said pain during sex had reduced.
- Two who had not been able to have sex for years were able to – one was pain-free.



- All women saw improvement in skin hydration, skin texture, and nail strength.
- 62.5% of women saw improvement in hair growth, with 37.5% of women reporting good and moderate improvements.
- 62% reported an improvement in skin itchiness.
- 37.5% of women also saw a good to moderate relief in their joint pain.

While participants were quick to see results with skin hydration and texture with improvements starting within two weeks, nail, hair and joints took longer to advance, as expected. More participants started reporting improvements in those areas after about 6 weeks. One woman reported a month after the trial that she could now see new good hair growth in an area of previous temporal hair loss consistent with hormonal changes and female pattern baldness.



Conclusion

Totally Derma® collagen supplement shows promising results for perimenopausal and postmenopausal women with moderate to severe genitourinary symptoms associated with menopause. Its formulation of enzymatically processed hydrolysed bovine collagen was well tolerated by most and no significant issues were reported. While this is a small, self-reporting study the results are promising with the supplement offering relief for 90% of the participants across the full range of GSM symptoms. The study also indicated that Totally Derma® can be beneficial for skin, hair, nails and joints.

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This study was done independently by Harley Street Emporium (HSE). They were not paid but received a free three month supply to try. Based on the results of the study the site now sells Totally Derma®.

Comments from participants

“

Everything improved! The Vulva and Vagina have improved incredibly

I can say that my vagina is definitely moist at all times now which is great for comfort-wise.

Hurrah!! I am having pain free sex for the first time in a very long time with no bleeding afterwards. Vaginal lubrication is so much better.

No pain, so happy. Nails are good!

Really, really good. Joints are feeling really good, hallelujah, hair and nails are great.

I feel much better hydration in my skin and vagina. I feel my skin is smoother and firmer. Stronger nails were one of the first things I noticed as well as stronger hair.

Skin is consistently hydrated and texture more smooth, the sporadic itchiness on my arms and legs I had been getting has stopped, feeling more fluid movement in my body.

My hair also feels strong and is growing fast and feels thick and soft. I am not losing it like I was before.

For more information

Please contact us if interested in our brand or becoming an authorised stockist or practitioner.

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Totally Derma[®]