Social Media Captions - Rachel

### Date - Day Tuesday, June 22

* Channel(s): Instagram/Facebook: Facebook and Instagram cross post
* Subject: **Collagen and Spectrum 5 Post 1** - multiple bottles of each being held by Kate
* Post Copy:

Both our best-selling Collagen Protein and the new kid on the block, Spectrum 5 Collagen, provide the necessary building blocks for bouncy, radiant skin, glossy hair, a strong, healthy gut and more flexible joints.

When you’re younger, collagen is made in abundance in the body, but after age 25, it begins a rapid decline 😩 You may notice your skin isn’t as bright or supple, your joints may feel more discomfort (especially after physical activity), and your hair begins losing its natural sheen.

If you’ve ever wanted to turn back the clock and restore that lit-from-within glow, have more comfortable joints, and experience a happier gut, collagen truly is your BFF. And Dr. Myers’ collagen is responsibly sourced from 100% grass-fed cattle, pasture-raised, wild-caught, cruelty-free, hormone-free, and non-GMO… all from 4 real food sources. 🥩🐟🍗🥚

And you’re going to get MORE today through Thursday during the Buy More, Save More sale where you’ll save up to 20% OFF when you stock up on Collagen Protein and Spectrum 5 Collagen, plus The Myers Way® Nourishing Collagen and Bone Broth Recipes eBook is yours FREE with your order.

So, take advantage of these special savings while you can and never be without your favorite collagen again!

Grab yours now by going to the link in our bio:

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### Date - Day Wednesday, June 23

* Channel(s): Instagram/Facebook: Facebook and Instagram cross post
* Subject: **Collagen and Spectrum 5 Post 2** - Infographic: Collagen benefits over time
* Post Copy:

“Your skin is a reflection of your overall health.” 🪞

You may have heard this once or twice, and it couldn’t be more true. The air you breathe, the food you eat, and the lifestyle you follow all show up on your skin. The skin you’re born with is a clean canvas that is relatively untouched by your environment until you begin to age. We often hear of “baby smooth skin” used when describing clear, soft skin that hasn’t had much exposure to the outside world... And who wouldn’t want touchably soft, baby-like skin?

Over time, your skin starts to tell a story and exposure to sun, pollution, chemicals, and even food sensitivities can show up in the form of acne, dark spots, rosacea, wrinkles, etc.

The good news is, you can protect your skin from the elements, avoid certain foods, and stay away from chemicals that can be harsh or irritating...

Additionally, you can promote the look of healthier, smoother skin over time by taking collagen each day. Collagen supports healthy skin, hair, and nails (just like you had in your youth). Not to mention, it offers joint support and promotes a healthy gut — *something we all need for healthy skin.*

And now you can reclaim the lasting look of baby smooth skin when you take advantage of Buy More, Save More before it disappears tomorrow! You’ll save up to 20% OFF when you stock up on both Collagen Protein and Spectrum 5 Collagen. AND The Myers Way® Nourishing Collagen and Bone Broth Recipes eBook is yours FREE with your order!

Get yours now through the link in our bio:

### Date - Day Thursday, June 24

* Channel(s): Instagram/Facebook: Facebook and Instagram cross post
* Subject: **Collagen and Spectrum 5 Post 3** - Collagen and Spectrum 5 on a bar/table with plants
* Post Copy:

How do you like your collagen? We’ve heard most people prefer to mix it into their morning coffee ☕️ or blend it into a smoothie since it easily dissolves into liquids and is tasteless.

Well, believe it or not, there are SO many more ways you can get your daily collagen! And when you take advantage of Buy More, Save More, (btw, this offer ends TODAY) you’ll get up to 20% OFF plus a FREE bonus: The Myers Way® Nourishing Collagen and Bone Broth Recipes eBook. It’s a beautiful, full-color eBook packed with over 25 delicious, collagen-infused recipes.

Collagen is very versatile due to its ultra fine texture and we think you’ll be surprised by how many different ways you can fit it into your health routine. Bonus tip: You can even sneak it into a batch of yummy Paleo pancakes 😍🥞 (check out the scrumptious Cassava and Tigernut Flour Pancake recipe on our website’s recipes page for inspiration)!

Our team also loves feedback, and we’d love to hear some of your favorite ways to incorporate collagen into your daily routine in the comments👇👇👇

Head to the link in our bio to stock up on your favorite collagen, save BIG, and you’ll also get access to your FREE eBook: