

Sports Research FG177

Sports Research Gelatin Collagen Cooking Powder (Model FG177)

Instruction Manual

1. PRODUCT OVERVIEW

The Sports Research Gelatin Collagen Cooking Powder is a versatile, unflavored dietary supplement derived from pasture-raised beef. Each serving provides 10 grams of collagen gelatin, 9 grams of protein, and 18 essential amino acids, including glycine, proline, and hydroxyproline. This product is designed for both culinary applications and as a nutritional supplement, dissolving in hot liquids and gelling when cooled.



Figure 1: The product container for Sports Research Gelatin Powder, highlighting its unflavored nature and key features.

2. INGREDIENTS

This product contains a single ingredient: **Pure Beef Gelatin (Collagen)**, sourced from pasture-raised bovine. It is unflavored, allowing for seamless integration into various recipes without altering taste.

Discover our new look.



NOW A BETTER REFLECTION OF WHAT'S INSIDE.

PACKAGING MAY VARY

Figure 2: A detailed view of the Supplement Facts panel, showing serving size, calories, protein, sodium, and gelatin content per serving.

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The Sport of Life.™

With over 40 years of innovation in sports nutrition, we are dedicated to helping you perform your best—day in and day out. Our research-backed vitamins, supplements and performance essentials are designed to support all of your wellness goals in finding both your balance and your edge.

Figure 3: This image emphasizes that the product contains only one ingredient and displays certifications such as Non-GMO Tested, Keto Certified, Paleo Friendly, and Gluten-Free.

3. USAGE INSTRUCTIONS

Sports Research Gelatin Powder is a versatile ingredient for both cooking and dietary supplementation. It is designed to dissolve in hot liquids and gel when cooled.

General Preparation:

- To dissolve, mix the desired amount of gelatin powder into hot liquids.
- For gelling, allow the mixture to cool. The gelatin will thicken as it cools.

Culinary Applications:

This gelatin powder acts as a natural thickening agent and texturizer, making it suitable for a variety of recipes:

- **Jams and Jellies:** Use to achieve desired consistency.
- **Gummies and Desserts:** Ideal for creating homemade gelatin-based treats.
- **Soups and Sauces:** Can be added to thicken and enhance texture.
- **Baking:** Incorporate into baking recipes as needed for structure or texture.

As the powder is unflavored, it will not alter the taste of your dishes.

Supplement Facts

Serving Size: 1 Scoop (10 g)

Servings Per Container: About 45

| | Amount Per Serving | % Daily Value |
|-------------------------|---------------------------|----------------------|
| Calories | 35 | |
| Protein | 9 g | <1%** |
| Sodium | 30 mg | 1% |
| Gelatin Powder (bovine) | 10 g | † |

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENT: Gelatin powder (bovine).

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Figure 4: This visual guide demonstrates various culinary applications for the gelatin powder, such as making gummies, desserts, and thickening soups and sauces.

Just one ingredient.

10g per scoop

Rich source of collagen.

QUALITY MATTERS:

- ✓ Non-GMO Tested
- ✓ Gluten-Free
- ✓ Third Party Tested
- ✓ cGMP Compliant



PACKAGED AND SOLD BY WEIGHT NOT BY VOLUME. SETTling of contents occurs over time and cannot be avoided. Variations in aroma, color, taste and solubility may occur.

← Average fill line.

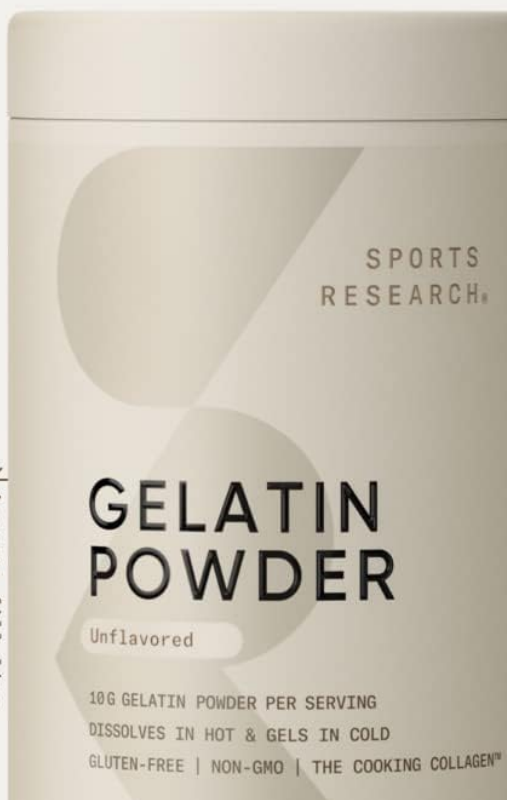


Figure 5: A close-up image of the fine, white gelatin powder on a spoon, ready for use.

4. NUTRITIONAL INFORMATION & BENEFITS

Collagen is a fundamental protein in the human body, crucial for the health and vitality of skin, hair, tendons, cartilage, bones, and joints. Natural collagen production typically decreases around the age of 30, which can lead to initial signs of aging. Supplementing with gelatin collagen can support these bodily functions.

Each scoop of Sports Research Gelatin Powder provides:

- **10 grams of Collagen Gelatin**
- **9 grams of Protein**
- **18 Amino Acids**, including glycine, proline, and hydroxyproline.

The Cooking Collagen™



Create Gummies & Desserts



Add to Soups & Sauces



Great for Cooking & Baking



Figure 6: An infographic highlighting the nutritional composition of the gelatin powder, including its amino acid profile, gelatin content, and protein per serving.

5. QUALITY ASSURANCE & CERTIFICATIONS

Sports Research is committed to providing high-quality products. Our gelatin powders are:

- **IGEN Non-GMO Tested:** Verified to be free from genetically modified organisms.
- **Keto Certified:** Suitable for ketogenic diets.
- **Paleo Friendly:** Aligns with paleo dietary principles.
- **Gluten-Free:** Safe for individuals avoiding gluten.
- **Third-Party Quality Tested:** Ensures product purity and potency.
- **Manufactured in cGMP Compliant Facilities:** Adheres to current Good Manufacturing Practices.

Ingredients are sourced from domestic and international origins, ensuring the best quality.

6. PRODUCT SPECIFICATIONS

| Specification | Detail |
|---------------|--------|
|---------------|--------|

| | |
|-------------------------|------------------------------|
| Brand | Sports Research |
| Item Model Number | FG177 |
| Product Dimensions | 4 x 4 x 6.4 inches |
| Item Weight | 16 Ounces (1 Pound) |
| Item Form | Powder |
| Unit Count | 16.0 Ounce |
| Flavor | Unflavored |
| Primary Supplement Type | Pure Beef Gelatin (Collagen) |
| Diet Type | Gluten Free |
| Date First Available | September 14, 2016 |

7. SAFETY INFORMATION & LEGAL DISCLAIMER

Ingredients: Pure Beef Gelatin (Collagen).

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult with a healthcare professional before starting any new supplement regimen, especially if you have pre-existing health conditions or are taking other medications.

8. MANUFACTURER CONTACT & SUPPORT

For any questions, concerns, or support regarding your Sports Research Gelatin Collagen Cooking Powder, please contact Sports Research directly through their official website or customer service channels. Refer to the product packaging for specific contact details.

Manufacturer: Sports Research