



Magnus' Collagen

Magnus collagen is of the highest quality and made with 100% pure ultra-low molecular weight collagen. It offers exceptional absorption!

Collagen Powder

100% PURE COLLAGEN

\$60 SRP/140g



It is made with 100% ultra-low molecular weight fish collagen peptides, allowing it to be quickly absorbed by the body. Because it comes in a fine, smooth powder form, it is very convenient and can be easily added to your favorite beverages or dishes. It works perfectly in both hot and cold foods

Collagen Tablet

\$60 SRP/310 tabs

A new type of collagen tablet with added Ceramide.

This convenient tablet-type collagen supplement features **100% pure ultra-low molecular weight collagen**, carefully balanced with ceramide to help support the skin's natural moisture retention.



It allows you to easily enjoy the benefits of collagen peptides and ceramide anytime, anywhere. Perfect for those who prefer not to use powder, and ideal for travel or busy lifestyles.

- Have you tried our Magnus collagen products from Japan? Collagen is an essential component for beauty and maintaining good health, but since it decreases with age, daily supplementation is very important. Magnus collagen products are not only high quality, but also ultra-low molecular weight collagen with extremely small particle size, offering excellent absorption.
- This month's special features collagen and Vitamin C. Vitamin C not only enhances the function of collagen, but also helps increase the body's collagen production. If you have not yet tried our collagen products, please take this opportunity to give them a try.

MARCH SPECIALS

1 When you purchase a collagen product, you will receive **5 packets of delicious Vegetable Aojiru "Kero Green"** as a gift!
(Limit: one offer per person.)

2 When you purchase **two or more collagen products** (different types is OK), you will receive a **FREE Vitamin C (SRP \$16)** and **5 packets of Kero Green** as a gift!

3 Purchase **five collagen products** (mixing different types is OK), and receive **one additional collagen product FREE**, plus a **FREE Vitamin C (SRP \$16)** and **5 packets of Kero Green** as a gift!



When you buy 5 Collagen products

Gift

- 1 Collagen product
- 1 Vitamin C
- 5 packets of Kero Green

VITAMIN C \$16 SRP/100 tabs



Vitamin C supports the body's normal immune function and helps maintain overall eye health. It also contributes to the body's natural collagen production and can help improve the absorption of collagen. Magnus Vitamin C may help support healthy hair as part of a balanced diet and lifestyle.



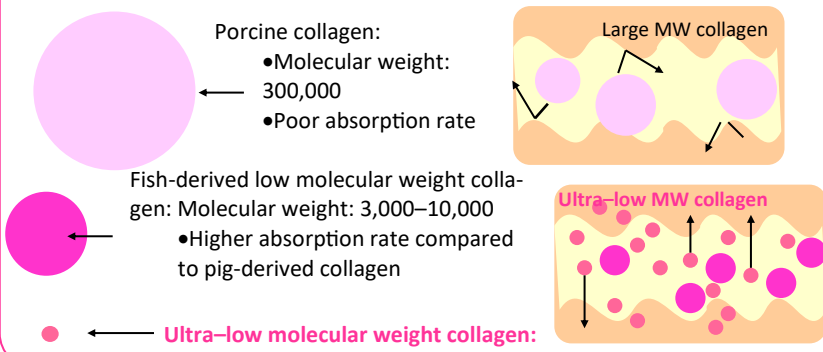
About Collagen:

Collagen is a type of protein found throughout the body—in the skin, muscles, organs, bones, joints, eyes, and hair. It primarily helps support and connect the cells in these tissues. Collagen also plays an important role in keeping the body hydrated and flexible, helping you move with ease.

The key is high-quality low molecular weight collagen.

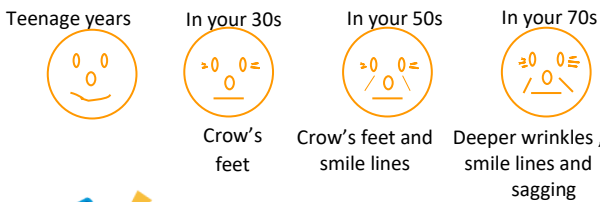
Collagen can be derived from animals such as cows and pigs, or from fish (fish collagen). Typically, pig-derived collagen has a very large molecular weight of around 300,000, making it difficult for the body to absorb through the intestines. This has led to increased attention on fish-derived low molecular weight collagen.

Low molecular weight collagen usually has a molecular weight of 3,000–10,000, but Magnus collagen is ultra-low molecular weight, ranging from 500–3,000, allowing for much more efficient absorption.



シワとタルミにコラーゲン！

As we age, the skin's ability to produce new collagen in the dermis gradually declines. Additionally, factors such as UV exposure and stress can cause collagen to break down and decrease, leading to a loss of skin elasticity and sagging. Repeated mechanical stress on this weakened skin can create the lines we know as **wrinkles**, while the downward pull caused by gravity results in **sagging**.



Help slow down signs of skin aging with collagen supplementation!

How to enhance collagen absorption:

Take ultra low MW collagen

Choose collagen with the smallest possible molecular size to improve digestion and absorption!

Support good digestion

The small intestine plays a crucial role in breaking down and absorbing collagen. For those with a sensitive digestive system, supplementing with enzymes or probiotics can help support and protect gut health.





Take Vitamin C

Taking Vitamin C together with collagen helps collagen work more effectively and significantly boosts its absorption.



It's functions:

- **Shiny Hair:** Helps maintain scalp moisture while giving hair strength and shine. 
- **Healthy Eyes:** Collagen is abundant in the cornea and lens, helping to support clear vision. 
- **Supple Skin:** Helps boost moisture retention, giving skin firmness and hydration, and supports the appearance of reduced wrinkles and sagging. 
- **Healthy Gums:** Collagen makes up most of the gums, helping to keep them firm and elastic while providing strong support for healthy teeth.
- **Supple blood vessels:** Collagen surrounds the outer walls of blood vessels throughout the body, helping to maintain their elasticity. 
- **Healthy Joints:** About half of the cartilage—the tissue that covers the ends of bones and acts as a cushion—is made of collagen. A deficiency can lead to bone-on-bone friction, contributing to joint discomfort. 

Magnus' Collagen:



\$60 SRP/140g



\$60 SRP/310 tabs

Aim to consume **at least 3 g of collagen per day**, and make it a part of your daily routine for best results.



Mr. Torii's Message



This year, the climate in Los Angeles was unusual, with frequent rain and even hail at times.

I hear that the eastern regions, including New York, were hit with heavy snow.

As March arrives, we begin to notice signs that hint at the coming of spring.

The human body, too, awakens from its winter dormancy and longs for activity.

When the weather is nice, why not go out to a nearby park?

A friend of mine in Japan, nearly ten years younger than I am, had begun to walk with a shuffling gait. He said he rarely goes out anymore and has little to do. So I advised him:

"When you wake up each morning, walk to the station kiosk and buy a newspaper. Then stop by a nearby coffee shop, have a cup of coffee while reading the paper, and walk back home."

He seems to have followed this advice. When I saw him the other day, not only his way of walking but even his way of speaking had changed remarkably. I was especially pleased to see that he had abandoned his once-negative way of thinking.

He used to say things like, "That tastes bad," "I don't like him," or "I don't want to go there." I had grown weary of hearing such negative expressions, so I was all the more delighted by his transformation.

As we age, our number of friends decreases. Let us cherish the friends we have left.

In Magnus's "Health Calendar," there is a column where you can mark O, X, or ☐, including one that says, "I said 'thank you' many times today." I fill it out every day myself.

Good words have a positive effect on the body. Please give it a try.

At first, it may feel difficult to say, but with practice, it becomes natural. It helps to say it consciously in the beginning.

Diet, exercise, and sleep are the most important conditions for maintaining health, but I believe mental well-being also plays a major role.

This may sound self-serving, but health supplements should not be used merely as symptomatic treatment. They should be regarded as tools to strengthen overall health maintenance.

I make a special effort to eat foods that are especially beneficial for health. In addition, I pay attention to supplements that help with:

1. Purifying the blood and improving circulation
2. Enhancing metabolism
3. Strengthening immunity (resistance)

By maintaining these three daily, natural health preservation follows.

I will turn 90 this July, yet I feel that my physical aging is slower than average. I feel the same mentally as well.

BODY, MIND, and SPIRIT — true health means that all three are healthy. The word "remaining years" does not exist for me. "Remaining years" implies leftover life. Is not every moment until we depart this world part of our precious life?

And it is also important to be someone who is useful to society.

There are many ways to be useful. The simplest may be not causing trouble for others. Simply being healthy is already a contribution to society.

This month's feature is collagen.

Collagen is a type of protein and the most abundant component in the body. Since it decreases with age, it should be actively replenished from outside sources. The stiffness that comes with aging is also due to collagen deficiency. Joint pain, too, results from a lack of collagen.

Magnus offers two types: powder and tablets. Choose whichever you prefer and continue taking it for three to four months. In this case, I recommend starting with a slightly higher amount.

Finally, I would like to share some good news.

The president of the Taiwanese Association of Traditional Chinese Medicine has decided to use the shiitake mycelium culture extract — the main ingredient of Magnus Fukken — in treatments. Depending on the results, many more traditional Chinese medicine doctors may begin using it.

In addition, clinical tests are being conducted on cancer patients in Korea, and the product is being provided free of charge to the poor in Vietnam.

Furthermore, Dr. Takara, who serves as an advisor to Magnus, was featured with a photograph in the world-renowned magazine TIME as one of 100 distinguished physicians. The feature that included Dr. Takara and many other physicians was

"Medical Trailblazers Content by Global Kigyo Co., Ltd." which is content published in the Asia edition of TIME magazine by a Japanese medical corporation.

For 47 years, Magnus has steadily continued its work. Rather than focusing first on selling products, we have emphasized promoting healthy living practices.

We have no intention of changing this philosophy. True health comes from daily lifestyle habits. Please correct and improve your daily habits. If you then add health supplements, you will have nothing to worry about.



MAGNUS ENTERPRISES, INC.

22301 S. Western Ave., Suite 104, Torrance California 90501-4155

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FIRST CLASS MAIL

March Recipe

MARRY ME CHICKEN

3 Tbsp. extra-virgin olive oil, divided
2 boneless, skinless chicken breasts
cut in fillets

Kosher salt

Freshly ground black pepper

2 garlic cloves, finely chopped

1 Tbsp. fresh thyme leaves

1 tsp. crushed red pepper flakes

3/4 cup low-sodium chicken broth

1/2 cup finely chopped sun-dried tomatoes

1/2 cup heavy cream

1/4 cup finely grated Parmesan

Torn fresh basil, for serving

Marry me Chicken!



In a large ovenproof skillet over medium-high heat, heat 1 Tbsp. oil. Generously season chicken with salt and black pepper and cook, turning halfway through, until golden brown, about 4 minutes per side. Transfer chicken to a plate.

In same skillet over medium heat, heat remaining 2 Tbsp. oil. Stir in garlic, thyme, and red pepper flakes. Cook, stirring, until fragrant, about 1 minute. Stir in broth, tomatoes, cream, and Parmesan; season with salt. Bring to a simmer, then return chicken and any accumulated juices to skillet until chicken is cooked through. Arrange chicken on a platter. Spoon sauce over. Top with basil.

From our Friends

My knees feel great ●●●

A friend recommended Magnus collagen, so I decided to try it. I started taking **one tablespoon morning and evening**, and after about two months, my once-difficult **one-hour walks became much easier**.

When I asked what makes Magnus collagen special, I learned that its **ultra-low molecular weight allows for much better absorption**. Quality really matters! I also take it with **Vitamin C in the morning**, which is said to enhance its benefits.

My husband is lazy about taking supplements, so I add it to our cooking instead. Apparently, it's helping him too—he says his hair feels stronger and healthier. This really made me appreciate the **high quality of Magnus collagen**, and I plan to keep taking it every day.

Kumiko S., 49, Los Angeles



My skin feels firmer ●●●

I've been taking collagen since I was young because whenever I go to a spa, they always recommend it. Recently, I read about **ceramides** in a magazine and learned they have **excellent moisture-retaining properties**. As someone with dry skin, I knew I needed something that boosts hydration, so I purchased **Magnus collagen tablets**. After **three weeks of taking them**, people started telling me my **skin looks firmer**. Checking my skin every day has become a little joy, and I'm loving the results!

