

# Natural Collagen Boost Protocol

Coconut Water + Amla Elixir & Horsetail Tea — A simple routine to support collagen production, skin elasticity, and hair and nail strength.

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## DRINK 01 · MORNING

### Coconut Water + Amla Elixir

#### INGREDIENTS

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1 cup fresh coconut water

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1-2 tbsp fresh amla juice (or 1 small amla, blended & strained)

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#### METHOD

- 1 If using whole amla — deseed, blend with a little water and strain.
- 2 Mix amla juice into fresh coconut water.
- 3 Stir well and drink immediately. Do not store.

TIMING	FREQUENCY
Empty stomach or mid-morning	4-5 times per week

#### BENEFITS

- High Vitamin C — directly boosts collagen synthesis
  - Improves skin glow and hydration
  - Supports iron absorption and hair strength
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## DRINK 02 · BETWEEN MEALS

### Horsetail Tea

*Silica-rich herbal decoction*

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## INGREDIENTS

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1-2 tsp dried horsetail herb

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1 cup water (250 ml)

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Few drops of lemon (optional)

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## METHOD

- 1 Add horsetail herb + water to a saucepan.
  - 2 Bring to a boil.
  - 3 Simmer on low for 10-15 minutes.
  - 4 Turn off heat and steep for another 5-10 minutes.
  - 5 Squeeze lemon if adding. Strain and drink warm.
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TIMING	FREQUENCY
Between meals — not with main meals	Alternate days (3-4x per week)

## BENEFITS

- Rich in silica — supports collagen structure and strength
  - Strengthens hair, skin and nails
  - Supports connective tissue repair
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## DAILY STRUCTURE

### How to Use Together

#### OPTION 1 — RECOMMENDED BALANCED ROUTINE

Morning Coconut Water + Amla Elixir

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Afternoon / Evening Horsetail Tea (on alternate days)

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OPTION 2 — SIMPLIFIED ROUTINE

4-5 days per week Coconut Water + Amla

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Alternate days Horsetail Tea

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DURATION & CYCLING

## How Long to Follow

4-6

weeks of consistent use

1-2

week break before resuming



resume if needed after the break

IMPORTANT GUIDELINES

## Things to Keep in Mind

- Always use fresh, high-quality ingredients
  - Do not consume horsetail tea daily on a long-term basis
  - Ensure adequate protein intake daily — essential for collagen formation
  - Stay well hydrated throughout the day
  - Pair with Vitamin C-rich foods for enhanced results (amla already helps)
  - Avoid excess sugar and ultra-processed foods — they actively degrade collagen
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THE SYNERGY

## How This Works

→ **Amla** — boosts collagen production via high Vitamin C

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- **Coconut Water** — hydrates skin cells and supports the internal environment collagen needs
- **Horsetail** — provides silica to give collagen its structure and strength

Consistent use over 4-6 weeks can lead to visible improvements in skin texture, hair strength, and overall vitality. Results build gradually — consistency is key.