



nextida·GC

# A breakthrough collagen that naturally sustains an active lifestyle

## Managing glucose for everyday energy

Maintaining stable, everyday energy is key for an active lifestyle. However, the carbohydrate-heavy meals needed to fuel activity can cause spikes in blood glucose. This makes it difficult for the endocrine system to regulate glucose levels in the body, often leading to fatigue, stress, mood swings and cravings.<sup>1-3</sup>

To combat these post-meal glucose spikes, Rousselot developed Nextida® GC, a specific collagen peptide composition. Nextida GC has been clinically observed to **lower post-meal glucose spikes** in healthy adults at doses of 5 and 10 grams (Fig 1).<sup>4</sup> These results make Nextida GC an interesting supplement for active consumers looking to balance their blood glucose levels when consuming high-carb meals.<sup>5</sup> Balanced glycemic levels are linked to **better sleep, less fatigue and more energy** to continue an active lifestyle.<sup>1-3</sup>

## Application opportunities

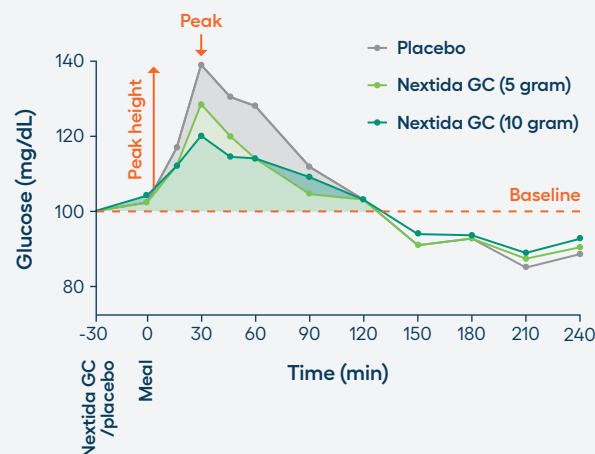
Low energy levels have an immediate effect on consumers' quality of life and could negatively impact an active lifestyle. The growing demand for hydration and energy supplements has led to a **24.4% increase in the sports nutrition category** from 2021 to 2024.<sup>6</sup> This creates new opportunities for meeting consumer needs when it comes to maintaining daily energy levels.

Nextida GC supplementation at 5-10g saw up to

**43%** reduction in glucose spikes

in a placebo-controlled clinical study<sup>4</sup>

**Fig 1 | Glucose levels before and after a meal in a healthy population (normoglycemic and prediabetic)**



Nextida GC easily integrates into formats that are familiar to active consumers



Hydration



Powders



Coffee

**Rousselot**  
| by Darling Ingredients

# Nextida GC collagen peptides and consumer demand for sustained energy level



47%

want to improve energy<sup>7</sup>

Global active consumers said they plan to improve their energy levels in the year ahead. Studies have shown that avoiding glucose spikes could be linked to energy optimization.<sup>8,9</sup>



45%

have a greater interest in products that boost health<sup>10</sup>

Global active consumers are taking a greater interest in ingredients in food and drink that are known to boost health. Lowering glucose spikes can help support an overall healthy lifestyle.

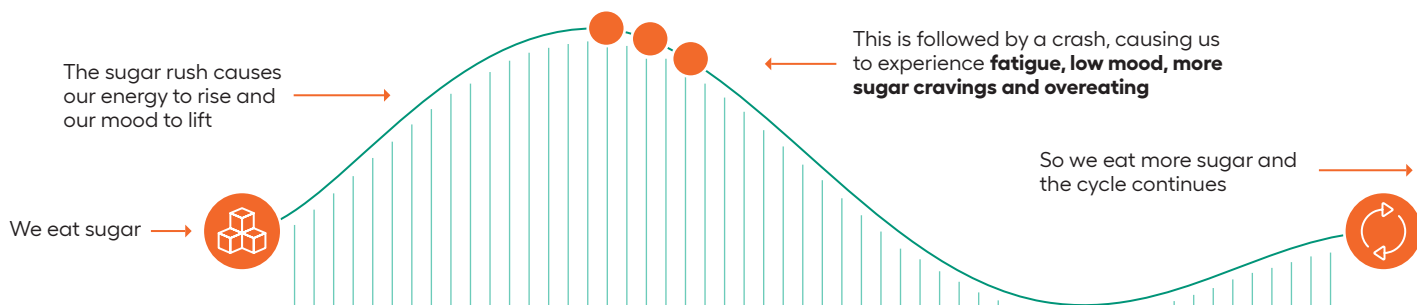
## Nextida GC features and benefits

- Specifically developed to target post-meal spikes
- Immediately measurable effects following a meal
- A natural, upcycled ingredient
- Instant hot and cold water solubility
- A pure protein ingredient (sugar- and fat-free)
- Temperature, pH and shelf-life stability

## Global consumers who suffer from fatigue or lack of energy<sup>11</sup>

47% Gen Z | 52% Millennials | 49% Gen X

## Managing the glucose rollercoaster stabilizes energy levels



All cited sources can be found here



Rousselot.com  
Nextida.com



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