



RESPUESTA ESTÁ EN EL COLÁGENO, LA (Plus Vitae) (Spanish Edition)

Ana María Lajustica

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El colágeno es una proteína que forma el tejido conectivo. Es un componente fundamental de la piel, y, sobre todo, de las articulaciones, clave en el correcto funcionamiento de huesos, tendones y músculos. Sin embargo, es conocido el hecho de que su deterioro provoca la falta de tersura y el envejecimiento prematuro de la piel. Pero, sobre todo, muchas de las lesiones musculares, de tendones y ligamentos que hoy día afectan principalmente a las personas que practican deportes, ya sean aficionados o profesionales, mujeres maduras y cada vez más, niños.

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