

# Gelatin Jiggles

Gelatin is formed when collagen is broken down into its constituent parts. As the most prominent protein in the body, collagen plays an important role in an astonishing range of biological functions, from immune system regulation and digestive health to skin and joint functionality. Our gelatin jiggles contain free amino acids, collagen, glucosamine, MSM, vitamins, minerals, and many other nutrients essential for overall bodily functionality.

- GAP/MSC Certified Sourcing
- Made outside on regenerative farms
- Organic whole food vitamin C
- No synthetic or isolate ingredients
- Enhanced and protected by fermented foods



# Chicken Jiggles



Chicken Gelatin Jiggles are made on a regenerative pasture using whole chicken heads and whole chicken feet, some of the most collagen-dense foods on the planet. With wild cultures and whole food vitamin C from fermented ginger, this food is perfectly suited to “healing and sealing” a damaged gut lining.



# Chicken Jiggles — Ingredient highlights



**Fermented Ginger**

Fermented ginger has been shown to have anti microbial effects regarding food spoilage microorganisms and pathogens like Salmonella. It has also been shown to reduce free radicals and to slow neurological decay. Ginger provides whole food Vitamin C, which has been shown to improve absorption of collagen and elastin.

# Chicken Jiggles — Feeding Tips



## 1. Thaw At Room Temperature

Our Chicken Gelatin Jiggles are made using fermented ginger, which inoculates the rest of the food with millions of probiotic bacteria and other cultures — at room temperature these cultures will continue to grow and thrive, feeding off other nutrients and converting them into healthy bacteria. This fermentation protects the gelatin from pathogens and contributes to a balanced gut microbiome, among many other health benefits, such as increased dietary enzymes.

## 2. Refreeze Leftovers

Our Gelatin Jiggles have a 10 day shelf life, and we recognize that you may not use through a carton in a comfortable timeframe. If this is a concern for you, just portion your preferred amount of gelatin into a glass container and refreeze the rest! Research shows that refreezing results in roughly 1% nutrient loss, so we recommend only doing it once in order to keep this negligible.

## 3. Expect Variance In Presentation

The color, taste, texture, and smell of our foods are highly variable. We are using raw, unpasteurized, non-homogenized fermented foods. Unlike other food companies, our commitment to the nutritional integrity of our ingredients is greater than our commitment to the presentation of them. Real food changes seasonally and even batch to batch, and this rotation is an important aspect of continued health.

