

**Use of collagen hydrolysate for improving
endurance performance and for stimulating
lipid catabolism**

Abstract

The present invention relates to the use of collagen hydrolysate for improving endurance performance by increasing mitochondrial activity. Further, the invention relates to the use of collagen hydrolysate for stimulating lipid catabolism, and in particular for reducing body weight, by increasing mitochondrial activity.

[Figure 1C]