

- How do I use Bone Broth Collagen Protein?

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Dr. Axe recommends 2TBSP of the [Bone Broth Collagen](#) daily mixed in fresh juice, smoothies, soups, and more! This supplement may be stirred into warm or cold beverages and is easily incorporated into any healthful diet! Here is one of our favorites!

If you've been looking for a way to harness the soothing, healing properties of [bone broth](#) into a on-the-go supplement...look no further!
