

Collagen helps maintain bone strength and joint mobility, slows down premature skin aging. Here you can get this substance from.

Bone broth. One study showed that the content of collagen in it may vary from 17.9% to 20.4%.

Seafood. Collagen is found in the skin of fish, their bones, scales, cartilage. Also in oysters and shrimp there are zinc, which the body of a person needs to produce collagen needs.

Bird. More collagen can be in chicken paws, hips, legs than in the chest.

Offal. A lot of collagen is found in beef scar, beef and pork skin, pork ears, bullish tail, chicken paws.

Dairy products. They contain essential amino acids that the body can use for the production of collagen.

Legumes. This is a great source of protein, zinc, iron, which are needed for the production of collagen.



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Soy. It contains isoflavons that contribute to the production of collagen.

Leaf greens. It contains vitamin C and amino acids that are needed for the production of collagen.

Citrus. They have a lot of vitamin C, which is necessary for our body for the production of collagen. Orange, grapefruit, lemon, lime can boast of a high level of this vitamin.

Berries. Strawberries, raspberries, blackberries contain a large amount of vitamin C.

Bulgarian pepper. Vitamin C in red, yellow and orange Bulgarian pepper is greater than in green.

Kiwi. This is also a great source of vitamin C.

News -in -law materials cannot be equated to the doctor's prescription. Before

making a decision, consult a specialist.