

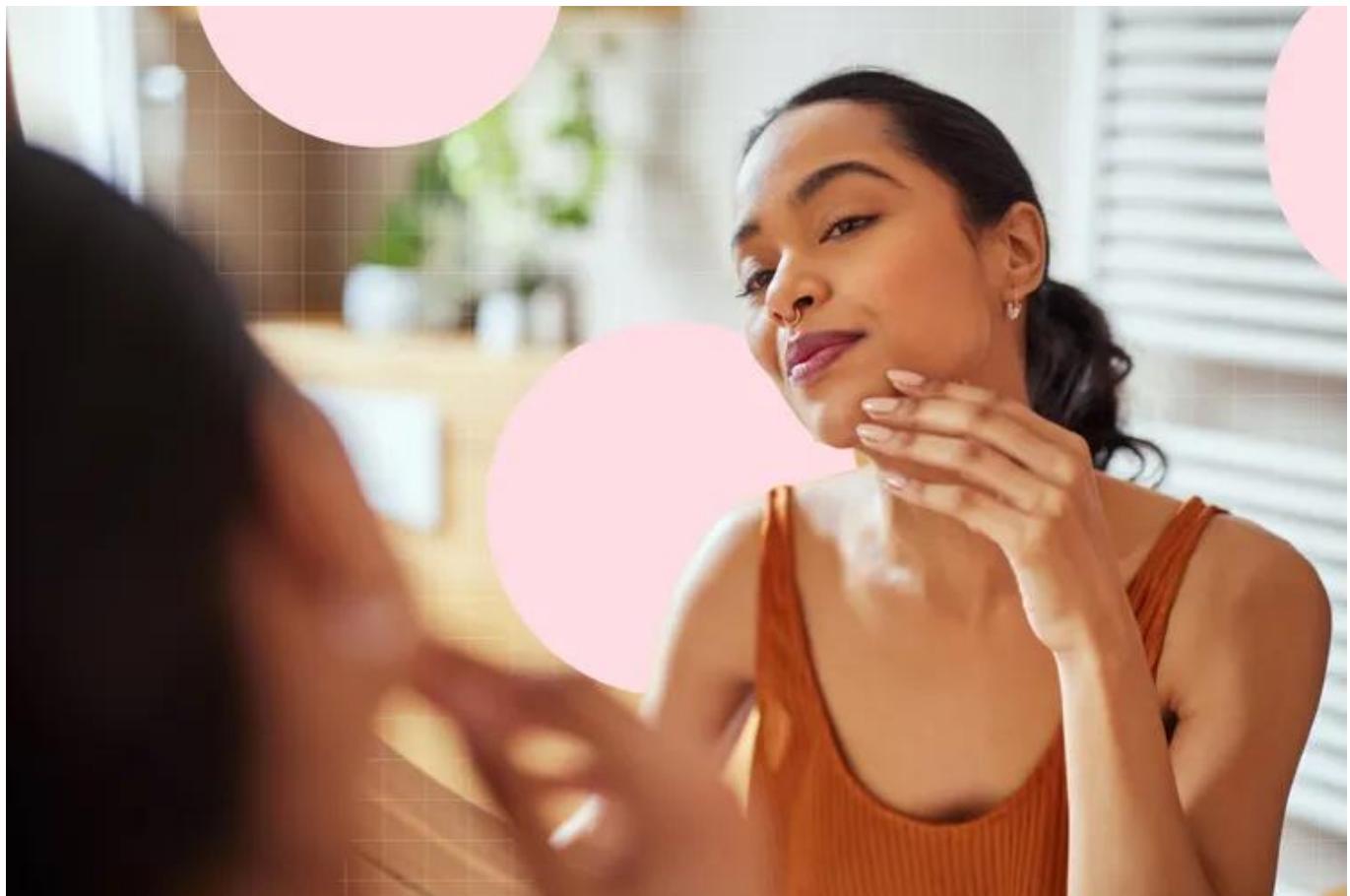
Collagen is the most common protein in the body. It consists of amino acids that improve the health of the skin, hair and nails. With age, its production begins to decline, but is it possible to influence this with dietary supplements?

Collagen additives today are a collagen, split for more light assimilation into small fragments. When using collagen peptides, the digestive system breaks them into amino acids, which are absorbed into the bloodstream and rebuilt for the production of collagen.

This is how collagen affects the skin.

Makes it more moisturized, helps to retain moisture. One study showed that in adults aged 40 to 60 years, who daily accepted an additive with a combination of hydrolyzed collagen and vitamin C, the skin became 14% more moisturized than those who took placebo. They also increased the elasticity of the skin, its texture has become more smooth, its general condition has noticeably improved.

Reduces wrinkles, increases elasticity. Reception of additives can stimulate the activity of fibroblasts, that is, cells that produce collagen. This was said by Dr. Osteopathy Hannah Kopelman. True, scientific research on this topic gives ambiguous results.



Design elements: Getty images. Evewell Design

Promotes wound healing. If you adhere to a balanced diet, you are unlikely to need a collagen supplement. However, scientists have found that such additives significantly improve the healing of wounds in hospitalized patients with burns.

According to researchers, collagen additives are safe for most people and have minimal side effects. However, their effectiveness and quality depend on the brand. Pay attention to the hydrolyzed collagen, which is easier to absorb by the body.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.