



DOES COLLAGEN ACTUALLY WORK FOR SKIN AGING?

Here's what a double-blind clinical trial found:

THE STUDY:

- ◆ **Study Type:** Double-blind, randomized, placebo-controlled trial
- ◆ **Participants:** 85 healthy women, ages 43-65
- ◆ **Population:** East Asian (Chinese)
- ◆ **Dose:** 5g collagen peptides daily
- ◆ **Duration:** 84 days (12 weeks)
- ◆ **Published:** Journal of Cosmetic Dermatology, 2024

WHO WAS ENROLLED:

Healthy women showing visible signs of skin aging.

- ◆ Ages 40-65
- ◆ Dry facial skin
- ◆ Reduced skin elasticity and density
- ◆ Visible wrinkles underneath the eyes (rated 2 or higher on Skin Aging Atlas)
- ◆ Chinese origin
- ◆ Instructed to discontinue oral supplement
- ◆ Certain medication/treatment exclusions

NOTE: All participants used the same moisturizing face cream twice daily, starting four weeks prior to supplementation and continuing throughout the 84-day study period.

THE GROUPS:

COLLAGEN GROUP

- ◆ 42 women
- ◆ 5g Collagen Peptides (Peptan® P)
- ◆ Porcine skin-derived, hydrolyzed
- ◆ Dissolved in 200mL water
- ◆ Taken every morning, 30 min before breakfast

PLACEBO GROUP

- ◆ 43 women
- ◆ 5g Maltodextrin (placebo)
- ◆ Same taste, same format
- ◆ Same daily routine

Double-blind & Randomized allocation.

HOW THE STUDY WAS RUN:

All participants used the same moisturizing face cream twice daily, starting four weeks prior to supplementation and continuing throughout the 84-day study period.

Day -28

- Participants stop selected skincare and supplements
- Baseline skin and nail assessment by a dermatologist

Day 0 - START

- Supplementation begins (collagen or placebo)
- Full baseline measurements recorded: skin density, elasticity, moisture, wrinkle visibility, nail color, and self-perceived beauty

Day +28

- First in-study measurements
- Effects visible in the collagen group

Day +84 - END

- Final measurements
- Supplementation complete
- Results compared between groups

WHAT WAS ASSESSED:

Six outcomes measured by dermatologists and validated instruments:

ASSESSMENT:

RESULTS:



Dermis Density

Tool: Ultrasound scanning (DUB® SkinScanner)

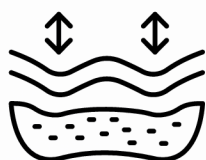
- +6.3% improvement in collagen group vs. placebo at Day 84
- Placebo group showed no significant improvement in dermis density at any timepoint.



Skin Moisture

Tool: Clinical scoring by dermatologist

- Both groups improved similarly at Day 28, reflecting the benefit of consistent daily moisturizing.
- By Day 84, the collagen group was +8.4% higher than placebo.



Skin Elasticity

Tool: Clinical scoring by dermatologist

- Collagen group showed significant improvement at Day 28.
- Placebo group did not reach significance until Day 84.
- (CP: +18.9% vs. placebo +11.8% at Day 28; $p = 0.001$)



Wrinkle Visibility

(Area, depth, length, volume of crow's feet) Tool: Standardized photography and digital analysis

- Significant reduction in crow's feet depth in collagen group at Day 28 ($p = 0.001$).
- Both groups reached significance by Day 84



Nail Color & Brightness

Tool: DigiHandCam® and CIELab color analysis

- After 28 days, nails in the collagen group were less yellow than placebo.
- By Day 84, nails in the placebo group had become darker, while nail lightness in the collagen group did not change significantly."



Perceived Skin Beauty

Tool: Participant self-scoring (0-9 scale)

- Collagen group perceived their skin as more beautiful at Day 28 (+15.12%, $p < 0.05$) while placebo group did not perceive the same improvement until Day 84.
- Instrument-measured improvements were also perceived by participants.

WHAT THIS MEANS:

5g of collagen peptides daily for 12 weeks improved skin density, moisture, elasticity, wrinkle appearance, and nail color in women aged 43-65, as assessed by dermatologist scoring, imaging-based analyses, ultrasound, and participant self-scoring.

Collagen supplementation is effective when intake is consistent, dosage is appropriate, and supported by rigorous scientific evidence.

COLLAGEN TYPE & INGREDIENT:

Hydrolyzed collagen peptides,

Porcine skin source

Ingredient: Peptan® (Rousselot)

SOURCE: Vleminckx S, Virgilio N, Asserin J, Prawitt J, Silva CIF. Influence of collagen peptide supplementation on visible signs of skin and nail health and -aging in an East Asian population: A double blind, randomized, placebo-controlled trial. *J Cosmet Dermatol.* 2024;23:3645-3653. DOI: 10.1111/jocd.16458