

YOUR COACH'S PLAN · FREE WITH THE ARTICLE

The Honest Collagen Guide

For anyone deciding whether a collagen supplement is actually worth it for their skin. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ **CHECKED AGAINST** CLEVELAND CLINIC · HARVARD HEALTH · NATIONAL INSTITUTE ON AGING

8 to 12 wk

How long before any effect

The trials that show a benefit run about two to three months, not overnight.

#1

Sunscreen

Harvard Health calls daily sunscreen the top way to keep wrinkles at bay.

\$0

The two best habits

Sun protection and not smoking beat any powder, and cost nothing.

1

Protect Your Skin From the Sun Every Day

Sunscreen and a hat

WHY IT WORKS

The National Institute on Aging names the sun a major cause of coarse wrinkles, and a broad-spectrum sunscreen that blocks UVA and UVB, plus a hat, helps prevent them. Harvard Health ranks sunscreen as the single best anti-wrinkle move.

COACH'S NOTE

If you do one thing from this plan, make it sunscreen. It protects the collagen you already have, which is more reliable than trying to drink more.

☐ Broad-spectrum SPF daily ☐ Reapply outdoors ☐ Add a hat in strong sun

NATIONAL INSTITUTE ON AGING, 2024 · HARVARD HEALTH, 2023

2

Skip the Cigarettes and Feed Your Skin

Not smoking, plus protein and produce

WHY IT WORKS

Not smoking is the other habit Harvard Health ranks above any supplement for skin. Support your body's own collagen with enough dietary protein and plenty of vitamin C rich fruits and vegetables, the raw materials it uses to build it.

COACH'S NOTE

Your body makes collagen from the amino acids and vitamin C in real food. Feed the factory instead of buying the finished product on faith.

☐ No smoking ☐ Protein at each meal ☐ Vitamin C rich produce daily

HARVARD HEALTH, 2023



If You Try Collagen, Set Honest Expectations

A modest, slow assist

WHY IT WORKS

Some randomized trials of hydrolyzed collagen peptides report modest gains in skin hydration and elasticity over eight to twelve weeks. Cleveland Clinic frames it as a possible help, not a miracle, and the product is not regulated like a drug, so results vary.

COACH'S NOTE

A collagen scoop is a reasonable extra once sunscreen and the basics are handled. Judge it against calm expectations, not the advertisement.

- ☐ Choose hydrolyzed peptides
- ☐ Give it 8 to 12 weeks
- ☐ Treat it as an extra

CLEVELAND CLINIC, 2024 · HARVARD HEALTH, 2023

THE EVIDENCE, AT A GLANCE

WHAT THE EVIDENCE SUPPORTS

- ✓ Some RCTs show modest gains in skin hydration and elasticity
- ✓ Hydrolyzed collagen peptides are the studied form
- ✓ Sunscreen and not smoking are the proven anti-wrinkle habits
- ✓ Protein and vitamin C feed your own collagen

WHAT IT DOES NOT SUPPORT

- ✗ No human study proves oral collagen ends up in your skin
- ✗ Large, long-term safety trials are missing
- ✗ Collagen is not regulated, so labels can vary
- ✗ A powder is no substitute for sun protection

FULL SOURCES

Cleveland Clinic, What Are Collagen Peptides? And Do They Work? (2024). Harvard Health, Considering collagen drinks and supplements? (2023). National Institute on Aging, Skin Care and Aging (2024).

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You received this because you asked for the plan from "Do Collagen Supplements Actually Smooth Wrinkles? The Evidence." The Ageless Brief arrives weekly: one study, translated, no hype.

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