

The Collagen Trial Plan

Ageless Coach · Age Strong. Live Long.

Step 1. Name your endpoint before you spend anything.

Cleveland Clinic rates collagen peptides as possibly effective for skin hydration and elasticity. It does not rate them for visible wrinkles, and the positive trials did not measure lines you can see in a mirror. Write down which of these you are actually buying. If the honest answer is fewer visible wrinkles, this plan ends here and you keep your money.

Step 2. Lock the free basics for the whole twelve weeks.

The National Institute on Aging puts these ahead of any supplement, and running a collagen test without them tells you nothing. Broad spectrum sun protection every morning, including on grey days. A plain moisturizer within three minutes of washing, morning and night. No smoking. Enough water and sleep that dryness is not simply dehydration wearing a costume.

Step 3. Run the twelve week test properly.

One full daily scoop, taken at the same time each day. Eight to twelve weeks is the window the positive trials used, so anything shorter is not a test. Take a photograph of the back of your hand on day one, in daylight, near a window, no filter, and repeat the exact same shot on day eighty four. Keep a one line note each Sunday on how your skin feels by evening and how quickly dry patches come back.

Step 4. Judge it on day eighty four, and mean it.

Compare the two photographs side by side and read your weekly notes. If nothing has changed on the endpoint you named in step one, stop. The 2025 review in the American Journal of Medicine found that the independent, higher quality trials showed no significant benefit, so a null result on your own skin is a completely ordinary outcome and not a reason to try a different brand.

The safety checklist

- Source: collagen peptides come from fish or cattle. Check the label against any allergy or dietary rule you keep.
- Pregnancy and nursing: not established. Do not start.
- Long term use: the research base is thin. Treat it as a trial with an end date, not a lifelong subscription.
- Third party testing: supplements are not reviewed by the FDA before sale, so an independent test seal is the floor, not a bonus.
- Visible line change is a dermatology conversation. Bring it to a clinician, not a scoop.

Sources

- Cleveland Clinic: What Are Collagen Peptides, and Do They Work?
- The American Journal of Medicine: Effects of Collagen Supplements on Skin Aging, a Systematic Review and Meta-Analysis of Randomized Controlled Trials (2025)
- Cleveland Clinic: Collagen, What It Is, Types, Function and Benefits
- National Institute on Aging: Skin Care and Aging
- NIH Office of Dietary Supplements: Dietary Supplements, What You Need to Know

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