

Why Most Collagen Never Reaches Your Skin

Collagen is the protein that keeps skin firm, but the collagen you swallow is broken down in your gut before much of it can reach your skin. A few small studies hint at a benefit, and nearly all were funded by the companies selling the powder. Here is what the evidence actually supports, and where your money and effort do more.

What the evidence actually says

1	Broken down first	Your gut digests collagen into amino acids, so little of it arrives at your skin intact.
2	About 1% a year	The collagen your skin loses from your twenties on, sped up by sun, smoking and menopause.
3	Company funded	The small studies showing a skin benefit were nearly all run by the supplement makers.
4	2.5 to 15 grams	The daily range sold, generally safe, but with no dose proven to firm your skin.
5	3 to 6 months	How long makers say to wait, at real monthly cost, for effects research has not confirmed.

Your 3-step plan

Step 1: Protect the Collagen You Already Have

A Cleveland Clinic dermatologist says daily sunscreen and not smoking slow collagen loss more than any supplement. Both cost close to nothing and work every day. Topical vitamin C and E and good hydration help your skin defend itself.

Step 2: Feed Your Skin From the Plate

Protein and vitamin C rich foods give your body the raw materials to build its own collagen. A balanced plate does more for your skin over time than a scoop of powder stirred into your coffee.

Step 3: For Proven Results, Ask a Dermatologist

Prescription retinoids such as tretinoin and in-office microneedling have real evidence for stimulating your own collagen, unlike swallowed powder. A board-certified dermatologist can guide the right choice for your skin.

The safety line

Collagen supplements are generally safe, but they are not a treatment for a skin condition. Side effects are minimal, though animal-derived products carry an allergy consideration. See a board-certified dermatologist for persistent skin concerns, and check with your provider before starting any supplement, especially if you take other medication.

Read the full article:

<https://www.agelesscoach.com/articles/why-most-collagen-never-reaches-your-skin>

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