

THE COACH'S PLAN

The Collagen Joint Plan

For anyone who bought collagen for their face and is wondering whether to keep taking it.

5g

The studied peptide

Specific collagen peptides, not generic powder

6 mo

Trial length

The joint pain trial ran a full six months

50mg

Vitamin C

The cofactor collagen synthesis requires

The skin research on collagen is real but confounded. The connective tissue research is narrower, cleaner, and mostly ignored by the marketing. This plan is built on the second one.

What the evidence actually says

1

Harvard Health: the 19 study skin review used products that contained other active ingredients too.

2

Harvard Health: some evidence collagen reduces joint pain, but the research is still early.

3

A six month randomized, double blind, placebo controlled trial tested collagen hydrolysate on articular pain.

4

Vitamin C is a required cofactor for building collagen, per the NIH Office of Dietary Supplements.

5

Cleveland Clinic: collagen peptides are not a miracle cure and results vary between people.

Your 3-step plan

1 Step 1: Stop judging it by your face

Skin change is slow, subjective and easy to imagine. Connective tissue comfort is something you can actually notice. Pick one movement that currently bothers you, such as stairs or getting out of a low chair, and rate it out of ten today.

2 Step 2: Take one scoop daily, with vitamin C

Consistency matters more than timing. If you train, take it 30 to 60 minutes before. Vitamin C is the cofactor your body uses to build collagen, so a formula that already includes it removes a step.

3 Step 3: Give it eight weeks, then decide

The trials that found joint benefit ran for months, not days. Re-rate that same movement at week eight. If nothing moved, stop buying it. That is a real answer, and it is cheaper than a habit you never test.

The safety line

This plan is education, not medical advice. Collagen is a food protein and is generally well tolerated, but it is made from bovine hide and is not suitable for vegetarians or vegans. Persistent, swollen or worsening joint pain is a doctor conversation, not a supplement one. Talk to your clinician before starting anything new if you are pregnant, nursing, or managing a medical condition.

Read the full article: <https://www.agelesscoach.com/articles/we-called-collagen-overhyped-joints-are-the-exception>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.