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Four-weeks daily intake of oral collagen hydrolysate results in improved skin elasticity, especially in sun-exposed areas: a randomized, double-blind, placebo-controlled trial

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Abstract

Background: Topical as well as oral 'collagen' is widely popularized and claimed to possess anti-aging properties for the past several years. Few placebo-controlled trials exist. **Objectives:** *Primary:* To evaluate the effect of collagen hydrolysate (CH) ingestion for 4 weeks on skin elasticity. *Secondary:* To compare the effects of CH ingestion on skin elasticity between sun-exposed and sun-protected areas. **Materials and methods:** This study was a prospective, randomized, double-blind placebo-controlled trial comparing the effects of daily intake of 5-g oral CH and placebo in post-menopausal women. Participants were evaluated for skin elasticity, using cutometer at baseline, 2 and 4 weeks after randomization and 4 weeks after discontinuation of study agents. **Results:** A total of 36 participants were enrolled. Skin elasticity measured from left and right cheeks in participants receiving CH increased compared to placebo ($p=.006$, $.03$, respectively). After 4 weeks of discontinuation of study agents (week 8), skin elasticity measured from both left and right cheeks remained different between CH and placebo group ($p=.01$, $.004$, respectively). **Conclusions:** We demonstrated significant improvement of skin elasticity in sun-exposed areas after 4 weeks ingestion of marine CH. The improvement of elasticity remained 4 weeks after discontinuation of study agents. There were no severe adverse effects during the study.

Keywords: Collagen; aging; elasticity; photodamage.

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