

Collagen Supplements for Joint Health

Collage supplements are a have become very popular. In 2020, in the United States spent around \$290 million on collagen supplements, up from just \$50 million in 2014, but despite its popularity the questions remain about how well they work and how safe they are.



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Suggestions

Does it work? Maybe. Many of collagen supplement studies were small in size and funded by some supplement companies so more research is needed, but according to Webmed it does look promising. When it comes to food (not supplements) there is a lack of research to show that eating collagen can directly benefit skin or joint health. According to Harvard Health at this time, non-industry funded research on collagen supplements is lacking and that your own natural collagen production is supported through a healthy and balanced diet by eating enough protein foods, whole grains, fruits, and vegetables and reducing lifestyle risk factors. I agree with Harvard on this. Please see next page for more research info. **A few studies have shown that collagen supplements help with arthritis pain and sports-related joint pain so it may be worth a shot since it can be just another way to get protein in your diet and if it helps your joints even better.**

Downsides: A downside of collagen supplements is the unknown of what exactly it contains or if the supplement will do what the label promotes. According to Webmed make sure you get supplements that are from companies that get their bones and tissues from cage-free, free-range, and antibiotic-free sources. Look for a trusted brand with a third-party label like NSF or USP. And check out the company's website to see what it's doing to keep heavy metals and other contaminants out of their products. According to the NY Times the good news is: if you're ingesting the recommended dose, there are no documented downsides of taking collagen peptides, aside from the not-so-frugal cost — products range anywhere from \$20 to upward of \$200 for a limited supply. I say if you want try a protein supplement it might be worth it but always talk this over with your health care provider.

Research: According WebMed a 2014 study of 69 women ages 35 to 55 found that those who took 2.5 or 5 grams of collagen daily for 8 weeks showed a lot of improvement in skin elasticity, compared with those who didn't take it. A 2019 review of eight studies including 805 patients concluded that "preliminary results are promising for the short and long-term use of oral collagen supplements for wound healing and skin aging. Another study of 53 elderly men with sarcopenia, a loss of muscle caused by aging, found that those who took 15 grams of collagen daily, in addition to lifting weights three times per week for 3 months, gained significantly more muscle and lost more fat than those who only lifted weights. Collagen has also been shown to act as a powerful wound healer, able to stop bleeding, recruit immune and skin cells, and stimulate new blood vessel formation. One study of 89 long-term care residents with pressure ulcers found that those who took collagen supplements three times daily for 8 weeks saw their wounds heal twice as fast. Another, of eight patients who had a small surgical skin biopsy, found that daily topical collagen healed their wounds at least as well as sutures. **While research is mixed, a few studies have also shown that collagen supplements help with arthritis pain and sports-related joint pain.**

Which one to choose Whey versus Collagen. According to Livestrong both have similar benefits. Both supplements are excellent for promoting lean muscle gains when paired with resistance-style training. However, whey protein may increase resting metabolic rate more than collagen, according to a September 2019 [Nutrients](#) study of women with overweight. Whey protein can be more beneficial for changing body composition but collagen does have less associated side effects. Especially for those with dairy sensitivity or lactose intolerance, collagen may be a better option. While whey protein may taste better with the various flavors available, collagen can be more dynamic, as it's usually unflavored and can be easily added to your favorite smoothie. ACCORDING TO MANY WEBSITES When combined with a healthy diet, both whey protein and hydrolyzed collagen seem to have promising benefits for those looking to build muscle. **While whey protein may support faster muscle growth than collagen, both improve muscle growth and recovery. Collagen seems to be more effective than whey when it comes to injury recovery and the rebuilding of connective tissues and structures in the body.**