

Eating Collagen rejuvenates your skin?

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David Merritt Johns et al. wrote an article entitled Was there ever really a “sugar conspiracy”? (1). We all have to face the dilemma between commercialization and science. Jenny Cook questioned about the effectiveness of collagen supplements and drinks (2). A 2014 study showed that only 15% of subjects taking the Pure Gold Collagen, available at Amazon.co.uk (RRP £26.95), supplement over 60 days had fewer facial lines and wrinkles, and researchers conceded that this could have been down to external factors rather than being the effect of a collagen boost (2). Instead of directly eating collagen, take collagen boosting foods including Vitamin C foods, antioxidants (green tea), carrots, lean slices of turkey, and avocado oil (3). Stop eating sugary treats (3). Stay out of the sun (3).

References:

1. David Merritt Johns et al., Was there ever really a “sugar conspiracy”?, Science 16 Feb 2018: Vol. 359, Issue 6377, pp. 747-750
2. Jenny Cook, Do collagen supplements and drinks actually work?, <http://www.netdoctor.co.uk/beauty/a26510/does-collagen-supplement-work/>
3. Carla Griscti, Collagen boosting foods for younger-looking skin, <http://www.prima.co.uk/fashion-and-beauty/anti-ageing-and-skincare/news/a34472/collagen-boosting-foods/>