



# Bounce Back Collagen Skincare

Collagen-based supplements have become a keystone in the management of the ageing process, with proven ability to repair skin damage, bestowing a youthful and healthy appearance sought in the pursuit of beauty.



In recent years, collagen has become a must-have skincare ingredient. Collagen products are available as creams, serums, sheet masks, and even shampoos, but they're also increasingly popular in the form of edible powders, supplements, and drinks.

Collagen is an essential scaffold protein that gives smoothness and elasticity to skin, but its production declines with age. Finding ways to tackle this problem is now strongly promoted as an effective way to transform skin and hair, repairing age-related deterioration.

A recent paper published in 'Recent Advances in Skin Anti-aging Treatment' has emphasised Collagen's relationship with health, appearance and beauty.

"A growing number of scientific studies show exciting evidence that it is possible to rejuvenate ageing or damaged skin, improve function of worn joints, and support personal wellbeing and vitality," said the paper authors.

"In recent times, research on the mechanisms which impact the production of collagen in skin and the ideal organization into

functional fibres which give skin its characteristic elasticity and firmness has provided new insights into how this bio-scaffold can support cells, tissues and organs. The factors which influence collagen production over a lifetime (e.g., puberty, pregnancy, menopause, andropause), intrinsic factors (e.g., genetics, age, ethnicity) and extrinsic factors (e.g., UV-radiation, pollution, smoking) and the potential for new technologies, ingredients and devices to restore collagen and matrix components to their optimal condition are improving the ability to deliver anti-aging strategies with unprecedented results," they added.

The global collagen market demand was estimated at 920.1 kilotons in 2019. It is estimated to develop at a CAGR of 5.9% from 2020 to 2027. Increasing end-use applications such as growing usage in the food and beverage industry along with an upsurge in demand from the cosmetics industry are anticipated to drive the demand.

### What is Collagen?

Collagen is a hard, insoluble,

and fibrous protein that makes up one-third of the protein in the human body. In most collagens, the molecules are packed together to form long, thin fibrils.

These act as supporting structures and anchor cells to each other. They give the skin strength and elasticity.

Collagen is the main structural protein of the extracellular space in various connective tissues, including the dermis, the middle layer of skin that lies below the epidermis. The connective tissue of the dermis provides strength and elasticity to the skin through an extracellular matrix composed of collagen and elastin fibers, which are embedded in hyaluronan and proteoglycans.

In fact, collagen is the most abundant protein in the human body, making up from 25% to 35% of the whole-body protein content. To date, 29 types of collagen have been described, however, over 90% of collagen throughout the body is of types 1 through 5, with type 1 being the most abundant. Below are the tissues and organs where collagen types 1 through 5 can be found.

Of the five types of collagen, type I collagen is the most abundant. This makes sense since this type is found in the skin, the largest organ of the human body. In addition to providing strength and elasticity collagen also helps to replace dead skin cells.

Collagen is sometimes added to products designed for direct application on the skin, like face creams. However, it's most popular as an oral supplement.

Oral collagen comes as a powder, tablet, or drink and is usually made from the skin and bones of animals or fish. These products will often contain other complementary ingredients such as vitamin C, which is vital for collagen production.

Most oral collagen products will contain collagen derived from pigs (porcine), cows (bovine), or fish (marine). Once extracted from the skin and bones it is broken down into short chains called peptides in a process called hydrolysis. This makes it easier for the body to absorb and use the collagen.

The type of collagen product that a consumer chooses will depend on their personal preferences. If they don't eat meat, but do eat fish, for instance, marine collagen will be the best collagen supplement for them.

### Benefits of Collagen

- Bone density
- Bone mass and quality
- Improved skin elasticity, thickness, and hydration
- Nail health
- Reducing wrinkle formation & cellulite appearance
- Stimulating new blood vessel formation
- Arthritis pain and sports-related joint pain
- Muscle strength and gaining muscle mass
- Wound healing