



Wellness Minute

Health Information You Can Use On Your Path To Wellness

COLLAGEN COMPARISONS

What's The BEST Collagen For Skin, Hair & Nails?



What's The Best Collagen?

“Many of us are looking for a good source of protein that is easy to use, tastes good, and can be used in smoothies or coffee.”

Let's talk about hair, skin, nails, joints, tendons, ligaments, and gut health for a moment. As we age, there is a degradation process, but what most people don't think about is that regeneration or rebuilding is also taking place at the same time. The goal is to keep the rebuilding phase ahead of the degradation phase, and we do that by feeding the cells that make collagen and providing the raw materials needed for tissue and cellular repair. And when it comes to collagen supplementation, research has turned from questionable in 2019 to positive outcomes in 2021 to support this regenerative rebuilding phase. In light of that, I thought it would be helpful to highlight some of the differences between two types of collagens on the market, Hydrolyzed Colla-

gen Protein compared to Collagen Peptides.

Let's start with Hydrolyzed Collagen Protein. Hydrolyzed Collagen Protein, as its name suggests, contains predigested collagen and is a source of bovine protein. Many of us are looking for a good source of protein that is easy to use, tastes good, and can be used in smoothies, coffee, and one of my favorites, steel cut oats. Hydrolyzed collagen protein is a complete protein with the full range of all essential amino acids. The source of the protein comes from bones, cartilage, tendons, and meat and contains type 1 and 3 collagen. Hydrolyzed Collagen Protein by Biotics Research contains 21 grams of a complete protein and 17 grams of collagen per

serving. This combination makes it a little sticky, and it takes a few seconds to get it into solution but mixes better with hot cereals or beverages or when you use a blender. Remember, it's the sticky collagen that holds tissue together. Hydrolyzed Collagen Protein is available in both chocolate and vanilla flavors.

I'm not sure if you aware of this, but the number one anti-aging factor is an increased % of lean muscle mass. In essence, the more muscle mass you have, the longer you live. So, the benefit of using predigested collagen that also contains a sizable amount of protein is very appealing. Hydrolyzed Collagen Protein supports healthy aging, strenuous physical activity, and contains

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

type 1 and 3 collagen, which support hair, skin, and nails.

The next type of collagen, Collagen Peptides are very condition specific. The collagen peptide product I will discuss is Optimal Collagen by Biotics Research. Optimal Collagen also contains collagen types 1 and 3, so we also expect to see results with hair, skin, and nails. But unlike most other collagen products on the market, Optimal Collagen contains type 2 as well as small amounts of type 5 and 10. Type 2 collagen is very difficult to obtain from our diet. The sources are bovine bone, cartilage and tendons, poultry, and eggshell membranes. Type 2 collagen has been associated with increased mobility and healthy joint function. Studies show reductions in pain, osteoarthritis, and some studies have shown benefits for osteoporosis. Optimal Collagen provides a higher percentage of collagen peptides. One study showed "Collagen Peptide Supplementation reduces fat mass, LDL cholesterol, and systolic blood pressure while increasing fat-free mass." I like the idea of reducing fat mass and increasing fat free mass!!!

The other profound difference in Optimal Collagen is the addition of collagen "glue." I am talking about silicon. Silicon is essential to collagen architecture and provides its strength, durability, and overall elasticity of connective

tissue. Even though silicon is the second most abundant mineral on earth, the third most in our body, studies show both collagen and silicon are drastically reduced as a result of the aging process. Could it be that because silicon, the collagen glue, becomes depleted our cellular matrix becomes compromised? Even though silicon is abundant, it's difficult to absorb. The range of silicon bioavailability ranges from less than 1% up to values close to 50%, depending upon the form used. To date, the form of silicon that is most bioavailable is stabilized orthosilicic acid, OSA. Biotics Optimal Collagen contains 20 grams of collagen complex, 18 grams of protein peptides, and 10 mg of bioactive silicon from orthosilicic acid. Here's what may be the best part... it's tasteless and mixes easily in water, coffee, juice, or iced tea.

This is truly a designer product that some skin doctors are calling "Botox in a bottle." Research has shown that skin changes can be seen in 60-90 days. However, musculoskeletal benefit may require 6 months. The goal for all of us is to keep the rebuilding phase ahead of the degradation phase. Talk to your wellness clinician about feeding the cells that make collagen and providing the raw materials needed for tissue and cellular repair. And ask your wellness professional which collagen supplement is best for you.