

Collagen

Collagen is the most abundant protein in the human body, a key component of connective tissues that are highly recruited during sports and exercise, such as ligaments, tendons, bones, joints, and muscle fascia. As a supplement, collagen is now a sought-after solution for gaining overall body strength and performance, while protecting against injuries.

Some, but not all, collagen peptides can be also bioactive, acting to regulate cell collagen production for the optimal renewal and repair of target connective tissues.



Applications

Latest research on collagen supports its use for:

- Health ligaments, tendons, joints and bones
- Improved body composition
- Injury protection

Top tips

with **Suzane Leser, Director of Nutrition Communication at Gelita**

- Collagen peptides are extremely versatile, easy to mix in most favourite foods and beverages
- Daily doses for sports can vary from 5 to 20 g, depending on the product used
- Collagen peptides are effective when consumed regularly over extended periods of time, at any time of the day

