

Anti-Aging and Collagen Supplementation Using a Nutraceutical Drink

Kathy L. Anderson DO FAOCD

Cosmetic and Medical Dermatology, Clearwater, FL
Morton Plant Hospital, Clearwater, FL



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Collagen supplements began hitting the US market about 3 years ago and then the supplements went mainstream. Dermatologists know that collagen is a building block of healthy skin. It is a structural protein, giving the skin strength and shape. It acts as the “frame” in the skin, while the elastin and hyaluronic acid act as the “padding” on the frame.

Like most things in the skin, collagen diminishes with age, which is why after 30 years of age, patients will start to notice changes and some sagging, and wrinkles will appear more noticeable. Genetics, diet, skin type, and sun damage are other factors that affect how the skin ages. A question often asked of dermatologists by our patients is “What can we do to slow down the effects of skin aging?” In addition to the conventional aesthetic skin treatments we may offer in our practices, we may provide information on the nutritional factors that may enhance overall skin health and subsequently slow the outward signs and appearance of aging.

First, the skin specifically needs Types 1 and 3 collagen. Types 1 and 3 support skin, muscles, bone health, and hair and nail maintenance. Collagen Type 2 makes up the fluids and function in the cartilage and joints, so, will not act as a “skin” supplement, specifically. Over 90 percent of collagen in the body is comprised of Types 1 and 3 collagen. Over time, the ideal levels of collagen our bodies naturally produce begin to decrease. Collagen fibers break down or no longer regenerate, which leads to a “deflation” effect on the surface of the skin.

By the age of 40, the body’s ability to produce collagen decreases by about 25%, and by age 60, it has decreased to somewhere around 50%. Because the aging body is no longer able to keep up with the demand for naturally occurring collagen to maintain youthful skin, we need to consider supplementation.

The problem with collagen supplementation is absorption. We know that collagen molecules are too large to be absorbed by the body pre-digestion, key to the mechanisms of action of a collagen supplement. Skinade® (Bottled Science, Ltd, London, UK) therefore uses low molecular weight collagen peptides, that in a liquid formulation (100% in solution) gets quickly absorbed into the body (bloodstream), preventing the breakdown of the peptides into amino acids. This is essential to seeing any benefits at all. Skinade also provides Type 1 and 3 collagen peptides, estimated as the most abundant in the skin. Skinade’s unique liquid delivery mechanism is essential to its working and can never be matched by a tablet or a powder suspended in liquid.

Skinade sources its EU-approved high-grade marine collagen peptides from freshwater fish skin, as this contains the highest levels of Type 1 and 3 collagen, essential when targeting dermal fibroblast activity. To increase the anti-aging capability of the product, Skinade also targets to improve normal skin function: inflammation, sebaceous activity and skin hydration, and therefore contains other vital ingredients such as Vitamins B and C, which simulate cell production and help maintain the collagen matrix and fuel fibroblast proliferation and activity in the dermis. MSM, a supplement that helps improve elasticity. L-lysine is an essential amino acid that helps rebuild the collagen matrix. Omegas 3 and 6 are added to the formulation, as they play a vital role to help balance dry and oily skin.

Skinade is a natural addition to the services provided by aesthetic dermatologists as they explore anti-aging options with various cosmetic procedures. Within four weeks of beginning Skinade daily, patients have reported less bruising post-treatment. By three months, patients have reported noticeable differences in the texture and tone of their skin.

How is this possible? Skinade provides collagen peptides that stimulate the activation of skin cells to increase the local production of collagen and elastin by the body and increases hyaluronic acid synthesis in the dermis. Hyaluronic acid is used in many skin care products as this is vital for maintaining the water in skin cells and helps keep the skin hydrated, soft, and with less noticeable

wrinkles. Skinade works to increase skin health and hydration from within, stimulating the body to produce more collagen, elastin, and hyaluronic acid to provide younger smoother looking skin within weeks.

Many patients who receive cosmetic treatments pay thousands of dollars to look younger and look healthy. They are receiving fillers, neurotoxin, CO2 resurfacing, IPL, micro sanding, thread lifts, etc. To each and every patient, I advise taking Skinade to help maintain and boost the treatments. In my opinion, Skinade should be part of the cosmetic treatment "package", to help patients look younger and to help maintain the treatments they have invested in.

Based on my experience and the experience of my patients, I strongly suggest adding Skinade to your aesthetic dermatology practice and recommending the product to your patients.

DISCLOSURE

Dr. Anderson has no affiliations with Skinade or any conflicts of interest regarding her experience with using this product. Dr. Anderson has received an honorarium from JDD for help with development of this supplement sponsored by Skinade.

AUTHOR CORRESPONDENCE

Kathy L. Anderson DO FAOCD

Email:..... drkathya@aol.com