



WHY COLLAGEN
IS SO ESSENTIAL

**TO
SENIORS**

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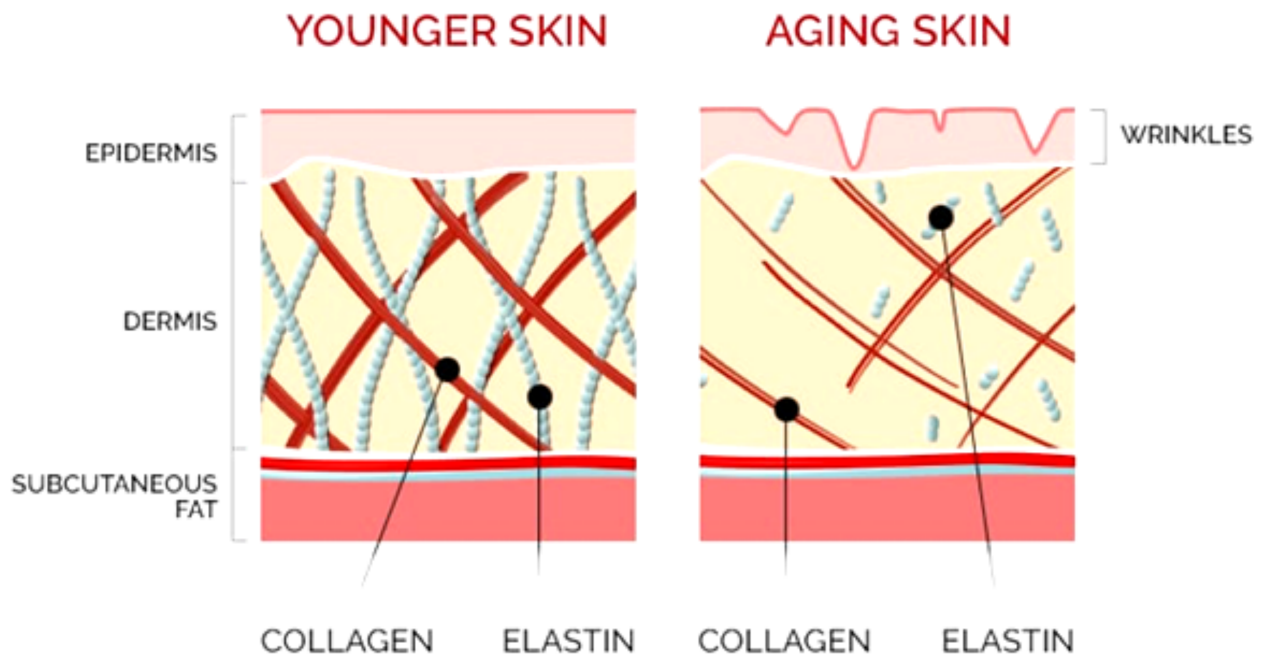
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The Benefits of Collagen Supplementation For Seniors

Recent scientific evidence points to the health-boosting effects of collagen supplementation for seniors





Collagen Production Declines With Age

A number of physiological changes occur in the human body with age. Over time, natural metabolic processes shift and one primary outcome is the **decline in collagen production**. Collagen is the most abundant protein in the human body and makes up the majority of connective tissue, thereby providing **support, flexibility, and strength to skin, muscle, and bones**.^{1 2 3}

The age-associated decline in collagen production is a primary reason why people are **more prone to injury and illness** past middle age. The body's tissues become less resilient. Luckily, supplements such as collagen can help **slow down or even reverse this trend**, allowing you to stay active and fit.^{4 5}

How Collagen Can Benefit Senior Health



Enhanced Wound Healing

Collagen is essential for proper **wound healing**: it plays a role in rebuilding damaged skin, muscle, and organ tissue and closing open wounds.¹⁸ With age, wound healing slows due to a natural reduction in collagen. It therefore becomes more difficult for the body to regenerate lost tissue. But collagen appears to speed up this process, even in the elderly. Wound healing is important for seniors as this process tends to become slower with age, creating more opportunities for infections.

A systematic review of dozens of studies from 2021 found that higher levels of collagen are associated with faster wound healing and recovery.

Another study from 2020 focused on 31 burn victims (up to age 60) found that collagen supplements significantly reduced the length of hospital stays and greatly increased **patient satisfaction**.²⁰ Collagen peptide powder has even been used by doctors directly when managing skin biopsy wounds and was found to be just as effective as primary closure with non-absorbable sutures during surgery.²¹ Though the study only consisted of 8 participants, effect sizes were large and encouraging. Overall, collagen appears to be an essential component of a speedy, effective wound recovery process.

