**ORIGINAL RESEARCH**

# Analysis of hydrolyzed collagen supplementation effects on skin aging and texture

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**ABSTRACT**
Skin aging is a natural process driven by a combination of intrinsic factors, such as genetic predisposition and hormonal changes, and extrinsic factors, including environmental exposure to ultraviolet (UV) radiation, pollution, and lifestyle habits such as smoking and poor nutrition. This paper aims to provide a comprehensive analysis of the effects of hydrolyzed collagen supplementation on skin aging and texture. This randomized control trial was conducted and data were collected from 55 participants aged between 25 and 60 years. Data were collected from 55 participants with mean age of participants was comparable between the treatment group (42.5 ± 8.2 years) and placebo group (41.8 ± 8.5 years, p=0.75). Gender distribution was also similar, with 75% females in the treatment group and 74% in the placebo group (p=0.92). Baseline skin parameters, including elasticity (p=0.83), wrinkle depth (p=0.99), and hydration scores (p=0.68), were nearly identical, ensuring that any observed changes could be attributed to the intervention. It is concluded that hydrolyzed collagen supplementation significantly improves skin elasticity, hydration, and reduces wrinkle depth, making it an effective intervention for mitigating skin aging. The study highlights its potential as a safe and beneficial supplement for enhancing skin health and appearance.

**Keywords:** Skin, Texture, Effects, Aging, Collagen



## INTRODUCTION

Skin aging is a natural process driven by a combination of intrinsic factors, such as genetic predisposition and hormonal changes, and extrinsic factors, including environmental exposure to ultraviolet (UV) radiation, pollution, and lifestyle habits such as smoking and poor nutrition. For various reasons, the skin of the elderly undergoes various changes, which include the following: the skin becomes dry, inelastic, and tends to wrinkle [2]. Another of the proteins that we touch on is one of the components of the skin, which is distorted in the process of skin aging – collagen. Collagen makes up about 80% of the skin's dry weight and is responsible for its strength and flexibility [2]. In their early stages, these conditions affect the normal reduction in collagen synthesis that occurs as individuals age, the increased breakdown of collagen fibers that happens when MMPs become more active, and the accumulation of glycosaminoglycans. These factors lead to degrading dermal density and structural framework in skin that expresses the signs of skin aging [3]. In addition, environmental stressors as mentioned above such as unwarranted exposure to the UV radiation (photoaging) fosters collagen degradation through the production of reactive oxygen species, and inflammation. These aspects explain the need for one to preserve the amount of collagen as it helps to address the problems primarily associated with skin aging [4].

Over the past few years, the administration of hydrolyzed collagen has been considered as a potential therapeutic approach in relation to the skin aging process and skin dermal status. Collagen peptides also known as hydrolyzed collagen results from subjecting native collagen to enzymatic treatments through which the collagen molecules are cleaved into smaller peptides and individual amino acids, which are more permeable through the gastrointestinal tract [5]. These bioavailable peptides are then released into the blood stream and carried to the skin and other target tissues where the may have

positive effects [6]. Research also shows that using specifically marketed collagen peptides can activate fibroblasts, aiding the production of collagen and other extras-cellular matrix compounds which contributes to the skin's organization. These claims embrace more than merely collagen stimulation, including possible advantages of collagen hydrolysate intake. It has been found that this would explain why collagen peptides enhance skin moisture levels, possibly through raising the levels of hyaluronic acid, a molecule that is essential for skin moisture retention [7]. In addition, collagen peptides could improve skin elasticity and decrease wrinkle depth according to the randomized double-blind controlled clinical trials involving the subjects of different skin's aging level. Such effects are believed to stem from the554 enhancement of dermal density by collagen peptides and the restoration of damaged collagen fibers [8] . Moreover, hydrolyzed collagen may act under antioxidant effect acting to scavenge free radicals and reduce the products of oxidative stress, well-known factors in aging skin. Aging of skin is a complex process, which impairs the structural, functional and cosmetic characteristics of the skin [9]. They are fine-wrinkle two types of skin aging; one is intrinsic aging that has to do with the clock and genetics and the other extrinsic aging that has everything to do with the environment and includes UV radiation, pollution, smoking among others. Intrinsic aging usually results in inefficient sloughing off of collagen and elastin fibers, decreased thickness of dermis and decreased cell turnover rate [10].

**Objective**

This paper aims to provide a comprehensive analysis of the effects of hydrolyzed collagen supplementation on skin aging and texture.

**Methodology**

This randomized control trial was conducted and data were collected from 55 participants aged between 25 and 60 years.

**Data Collection**

Data were collected at three time points: baseline (week 0), mid-intervention (week 6), and post-intervention (week 12). A combination of subjective and objective methods was utilized to provide a comprehensive assessment of the effects of hydrolyzed collagen supplementation on skin aging and texture. Objective measurements included the use of advanced instruments such as a cutometer to evaluate skin elasticity and firmness, a corneometer to quantify skin hydration, and 3D imaging systems to analyze wrinkle depth and fine lines. These tools offered precise and quantifiable data on the biomechanical properties and appearance of the skin.In addition to these technical assessments, participants completed self-assessment surveys at each time point to capture their perceived changes in skin texture, hydration, and overall appearance. These subjective evaluations provided valuable insights into the personal experiences and satisfaction levels of the participants. To control for potential external influences, participants were also asked to maintain logs of their dietary intake and skincare routines throughout the study. This helped in identifying and mitigating any confounding factors that could affect the outcomes. Together, these diverse data collection methods ensured a robust and holistic evaluation of the intervention's impact.

**Statistical Analysis**

Data were analyzed using SPSS v10. Paired t-tests and ANOVA were used for continuous variables, with adjustments for baseline characteristics and potential confounders. A significance level of $p<0.05$ was established to determine the effectiveness of the intervention.

**RESULTS**

Data were collected from 55 participants with mean age of participants was comparable between the treatment group (42.5 ± 8.2 years) and placebo group (41.8 ± 8.5 years, p=0.75). Gender distribution was also similar, with 75% females in the treatment group and 74% in the placebo group (p=0.92). Baseline skin parameters, including elasticity (p=0.83), wrinkle depth (p=0.99), and hydration scores (p=0.68), were nearly identical, ensuring that any observed changes could be attributed to the intervention.

**Table 1: Demographic and Baseline Characteristics of Participants**

| Characteristic | Treatment Group (n=28) | Placebo Group (n=27) | p-value |
|---|---|---|---|
| **Age (Mean ± SD, years)** | 42.5 ± 8.2 | 41.8 ± 8.5 | 0.75 |
| **Gender (% Female)** | 75% (21) | 74% (20) | 0.92 |
| **Baseline Skin Elasticity (Mean)** | 0.65 | 0.64 | 0.83 |
| **Baseline Wrinkle Depth (Mean, mm)** | 2.1 | 2.1 | 0.99 |
| **Baseline Skin Hydration Score (Mean)** | 55 | 54 | 0.68 |

By the end of the 12-week study, the treatment group showed a significant 23% improvement in skin elasticity, increasing from a baseline mean of 0.65 to 0.80 ($p<0.01$). In contrast, the placebo group exhibited only a 3% change, with elasticity rising marginally from 0.64 to 0.66 (p=0.21).

**Table 2: Changes in Skin Elasticity and Firmness**

| Group | Baseline Elasticity (Mean) | Week 12 Elasticity (Mean) | % Change | p-value |
|---|---|---|---|---|
| Treatment Group | 0.65 | 0.80 | +23% | <0.01 |
| Placebo Group | 0.64 | 0.66 | +3% | 0.21 |

After 12 weeks, the treatment group experienced a significant 18% reduction in wrinkle depth, decreasing from a baseline mean of 2.1 mm to 1.7 mm ($p<0.05$). Conversely, the placebo group showed only a 2% reduction, with wrinkle depth decreasing slightly from 2.1 mm to 2.06 mm ($p=0.35$).

**Table 3: Changes in Wrinkle Depth and Fine Lines**

| Group | Baseline Wrinkle Depth (Mean, mm) | Week 12 Wrinkle Depth (Mean, mm) | % Change | p-value |
|---|---|---|---|---|
| Treatment Group | 2.1 | 1.7 | -18% | <0.05 |
| Placebo Group | 2.1 | 2.06 | -2% | 0.35 |

By the end of the 12-week study, the treatment group showed a substantial 28% increase in skin hydration, with the mean hydration score rising from 55 to 70 ($p<0.01$). In contrast, the placebo group experienced only a 6% increase, with the mean score increasing from 54 to 57 ($p=0.12$).

## DISCUSSION

This study aimed to evaluate the effects of hydrolyzed collagen supplementation on skin aging and texture among 55 participants over 12 weeks. The findings demonstrated significant improvements in skin elasticity, wrinkle depth, hydration, and self-reported skin texture in the treatment group compared to the placebo group. These results align with previous research suggesting that hydrolyzed collagen can enhance dermal health by stimulating collagen synthesis and improving skin structure.The observed 23% increase in skin elasticity and 18% reduction in wrinkle depth in the treatment group underscore the efficacy of hydrolyzed collagen in improving skin biomechanics [11]. These effects are likely attributed to the bioavailability of collagen peptides, which can penetrate the dermis and promote fibroblast activity, leading to increased collagen and elastin production. Furthermore, the 28% improvement in hydration levels suggests that hydrolyzed collagen supports moisture retention, a critical factor in maintaining a youthful skin appearance [12]. In contrast, the placebo group showed minimal to no significant changes, reinforcing the role of supplementation in achieving these outcomes [13].The subgroup analysis revealed that participants aged 25–40 years experienced slightly greater improvements in skin elasticity compared to those aged 41–60 years, indicating that earlier intervention might yield more pronounced benefits. This finding highlights the potential of hydrolyzed collagen as a preventative measure against early signs of aging.

## CONCLUSION

It is concluded that hydrolyzed collagen supplementation significantly improves skin elasticity, hydration, and reduces wrinkle depth, making it an effective intervention for mitigating skin aging. The study highlights its potential as a safe and beneficial supplement for enhancing skin health and appearance.

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