

## Positive effect of fish-derived Bioactive Collagen Peptides® on skin health

**A new study confirms supplementation with fish-derived Bioactive Collagen Peptides® can be as effective as meat collagen, by showing significant skin improvements**

The randomized controlled trial from Proksch *et al.* (2020) at Kiel, in Germany, showed that supplementation with fish-derived Bioactive Collagen Peptides® VERISOL®, at a daily dose of 5 g, significantly improved skin elasticity and reduced wrinkles volume after 4 weeks, and more pronounced after 8 weeks, in both Asian and Caucasian women, age 50-70 years.

In contrast to other studies addressing the effects of fish-derived collagen products on skin, the results from this study demonstrate a clear clinical improvement from Bioactive Collagen Peptides®.

Stephan Hausmanns, GELITA's Vice President, Health & Nutrition explains: *"There are some important differences between collagens obtained from fish and from species very similar to humans, such as mammalian sources, that may explain the suboptimal effects to skin observed from great part of the science on fish-derived collagens."*

Fish collagens have grabbed market attention as these products are likely to appeal to a niche group of consumers who avoid meat for dietary or religious reasons.

*"We therefore investigated how we could optimize and bring a fish-derived bioactive collagen peptide into the VERISOL® portfolio of skin health products, while ensuring the same end-point benefits to consumers"*, revealed Stephan.

The positive effects of VERISOL® products on skin health and beauty have been demonstrated by several clinical trials, performed over the last 10 years and testing nearly 500 study participants. In this new study, the positive results on skin elasticity and wrinkle reduction have been equally demonstrated for the specific fish-derived VERISOL® variant, and GELITA attributes this to the specific production process.

*"As it is known, collagen peptides have different biological activities"*, explains Stephan. *"The efficacy of VERISOL®, now including the new fish-derived variant, lies*

*in consistently obtaining the same specific molecular weight distribution profile of peptides across all products, independent of the raw material of origin, using the traditional method of collagen hydrolysis, with specific controls”.*

Recognizing the uniqueness of the product, Proksch *et al.* (2020) stated in the study that the effects measured are valid only for VERISOL<sup>®</sup>, the specific bioactive collagen peptide used in the study, and cannot be readily applicable to other collagen products.

With this newly published, peer-reviewed study, GELITA brings a fish-derived variant to its well-established VERISOL<sup>®</sup> range of Bioactive Collagen Peptides<sup>®</sup> for skin health and beauty, with demonstrated optimal improvements to skin elasticity and pronounced wrinkle reduction benefits.

Full study: <https://bit.ly/3aurcQl>

## **About GELITA**

GELITA is the leading company for manufacturing and marketing collagen proteins. Coordinated from the headquarters in Eberbach, Germany, GELITA provides customers around the world with products of the highest standard, comprehensive technical expertise and sophisticated solutions. More than 20 sites and a global expert network ensure that state-of-the-art know-how is always available for customers. More than 135 years of experience in the field of collagen proteins are the basis of GELITA's performance. A strong requirement for innovation is the driving force of the family-owned company that is always looking for new solutions for food, pharmaceutical, health & nutrition as well as for technical applications.

Within the range of collagen proteins, GELITA supplies collagen peptides with proven body-stimulating capabilities, tailor-made gelatines and non- or partly- water soluble collagens. This holistic range of products in combination with its vast experience in developing solutions for different applications makes GELITA first choice for its customers. In today's landscape of highest consumer demands, manufacturers of food products have to rely on natural, healthy, non-allergenic ingredients for their developments. Collagen proteins from GELITA are the perfect match for this as they fulfill all of these requirements, a particular plus being the fact

that they are foodstuffs in their own right (e.g. no E-number). They also possess a set of unique technical and physiological properties.

Besides the traditional use of collagen proteins as natural stabilizers and emulsifiers for countless products, they enable manufacturers to provide their products with other properties which are becoming more and more important. GELITA has intensified its research in developing solutions for physical mobility, weight management and beauty from within.

[www.GELITA.com](http://www.GELITA.com)

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