

Ingredients 101: Collagen

Why it's the fastest growing skincare ingredient in beauty and health!

Collagen has quickly become one of the top skincare ingredients on the market. It feels like everyone, from beauty pros to healthcare leaders, are talking about it. But what's so great about collagen, anyway? Let's break it down.

WHAT IS COLLAGEN?

Collagen is the #1 protein type found in the human body. It's found in our bones, muscles, skin and tendons.

WHY IS COLLAGEN IMPORTANT?

Of the many complex proteins in the body, 30-40% of them are collagen. Our bodies combine various amino acids to create collagen and other proteins. Our skin, bones, muscles, tendons, cartilage and other connective tissues are built primarily from collagen.



INGREDIENTS MATTER: HOW TO CHOOSE YOUR COLLAGEN

As with anything, not all collagen skincare products are created equal. Here's what to look for:

- Clean, plant-derived ingredients.
- The right type of collagen. Many products available on the market supply Collagen Type II, the primary form of collagen found in cartilage, but Collagen Type I is the principal type found throughout the body in most of our tissues, including skin, tendons, bones, artery walls, and intestines.
- Supporting ingredients that help the body absorb collagen. A top vitamin pairing for collagen uptake is Vitamin C, which plays a key role in collagen synthesis, and regulation of collagen/elastin balance in the dermis.



COLLAGEN NIGHT PAK

A break-through anti-ageing sleep treatment product that harnesses the power of 100% natural plant collagen, revitalising caffeine and SeneGence proprietary anti-ageing complex, SenePlex+ to create a protective veil and seal in moisture while you sleep.