

Are there benefits to collagen supplements

It will make your skin look **dewy** and fresh, your bones and **nails** strong, and your joints pain-free. These are the claims made by the countless manufacturers of **collagen** supplements that come in the form of powders, pills and creams. For that reason, it's no surprise that collagen has become a widely **sought-after** ingredient in the wellness and beauty communities. But collagen's efficacy is still pretty up in the air. Frustrated? Here's what we know.

dewy 水灵灵的

nail 指甲; 钉子

collagen 胶原蛋白

sought-after 受欢迎的

What is collagen?

Collagen is “the main structural protein that forms the connective tissue throughout our body, from skin to bones, muscles, tendons and **ligaments**,” said Dr. Shari Marchbein, a board-certified **dermatologist** based in New York.

ligament 韧带

dermatologist 皮肤科医生

But as we age, our bodies naturally start reducing collagen production. Board-certified dermatologist Dr. Whitney Rowe described our body's collagen as “**ropes** of protein in the skin.” When we're young, the rope remains tight, but as we age, the ends begin to **fray**.

rope 绳索

fray 磨损

Does collagen work?

Some studies show that taking collagen supplements for several months can improve skin **elasticity** as well as signs of aging. Others have shown that consuming collagen can increase density in bones weakened with age. But many of these studies are small and funded by companies that make the product, increasing the opportunity for bias in the results.

elasticity 弹性

So, should you try collagen?

Maybe! But get ready for a very committed relationship. If collagen does work, and you're looking for long-lasting effects, you'll have to take supplements for the rest of your life. Why? The answer is collagenase. Our bodies are constantly producing this *enzyme* and it eats away at our natural collagen. So if collagen supplements improve your skin, bones and joints, you'll need to keep taking them.

enzyme 酶