GELITA® Collagen Peptides – Essential Proteins for Stimulation of Body-Own Metabolic Processes

Collagen Peptides are high in conditionally essential amino acids and contain large proportions of glycine and proline/hydroxyproline. Although they are not regarded as ‘complete’, for supporting certain body tissues such as connective tissue – bone, cartilage, tendons, ligaments, etc. – they are; they contain a complete and adequate profile of amino acids. These tissues account for approximately 30% of all body protein, thus collagen is the most abundant protein in the body. Collagen peptides can therefore be said to support 25-30% of body proteins.

For this reason collagen peptides are important for a whole range of health issues such as maintaining mobility, stable bones, smooth skin, glossy hair and healthy finger nails, and it is essential to take collagen proteins in adequate amounts with our daily food.

Individually optimized Bioactive Collagen Peptides® developed by GELITA offer a variety of specific benefits for various applications, backed up by ongoing scientific research. Below are the results of recent clinical studies, demonstrating the efficacy of PEPTIPLUS® on body toning and the effect of VERISOL® on skin elasticity and wrinkle reduction. FORTIGEL® and FORTIBONE® on the other hand have been proven to support joint and bone health.

A valuable source of protein

Body toning is important in younger people for benefits such as appearance, mobility, posture, physical strength/muscle mass, performance, and training gain and recovery. In older people it is a matter of preserving structure and posture: between the ages of 40-70 the typical adult loses 8% of muscle mass per decade, and after the age of 70, 15% per decade.

For these people maintaining lean body mass helps to prevent illness, preserve independence and to improve quality of life.

In a double blind, placebo-controlled, randomized study, 50 mail seniors with indications of muscle loss (sarcopenia) were given 15g of specific collagen peptides PEPTIPLUS® or placebo daily over a three month period and subjected to three hourly sessions of resistance training each week. The outcomes were assessed in terms of body composition and strength. Both groups showed improvement in body composition and strength. However, muscle mass significantly increased and fat mass significantly decreased in the PEPTIPLUS® group versus placebo group. The researchers concluded that specific collagen peptides might play a significant future role in body toning and muscle maintenance/slowdown of sarcopenia.

But there are more areas for Bioactive Collagen Peptides®. Besides wrinkle reduction, skin elasticity improvement and body toning collagen peptides addresses a number of other aspects with regards to healthy aging and wellbeing. Intact joint and a stable bone matrix are the most important attributes in this area.

Significant improvement of skin elasticity and wrinkle reduction

Two clinical studies have been conducted to demonstrate the effectiveness of specific VERISOL® collagen peptides on skin biophysical parameters related to cutaneous aging.

The first research was designed to study the effectiveness of VERISOL® on skin biophysical parameters related to cutaneous aging.

At the conclusion of the study, 2.5 g VERISOL® per day significantly
improved skin elasticity in comparison to the placebo group. After 4 weeks of follow-up treatment, a statistically significant higher skin elasticity level was determined in elderly women.

In the second study, the direct impact of VERISOL® on dermal extracellular matrix turnover is clearly demonstrated by a significant increase in collagen and elastin synthesis, with the result of statistically significant wrinkle reduction. In simple words: The participants looked considerably younger after the treatment.

After 4 weeks of treatment the VERISOL® group (2.5 g per day) showed a statistically significantly reduced eye wrinkle volume of more than 7.2% on average. This positive effect was more pronounced after 8 weeks of intake (20.1%, Δ verum vs. placebo = 32.2%). In particular, a maximum reduction in eye wrinkle volume of 49.9% was achieved.

FORTIGEL® is scientifically proven to regenerate joint cartilage and ease joint discomfort. The principal cause is wear and tear of the joint cartilage brought about by age, over-exercise and stressed joints. FORTIGEL® is an innovative ingredient for the regeneration of joint cartilage. The optimized specific collagen peptides of FORTIGEL® have been proven to activate the growth of new cartilage by stimulating cells helping to ease joint discomfort and keep the joints smooth and flexible.

Bones not only need calcium. Bone is a mixture of mineral crystals held in an organic collagen matrix. On their own, the crystals would be extremely brittle and prone to break. Collagen is at least as important to keep the skeletal system healthy. FORTIBONE®, the specific Bioactive Collagen Peptides® stimulates osteoblast to increase production of extracellular bone matrix which is the essential framework for calcium mineralization.

In addition, FORTIBONE® regulates degenerative processes by reducing protease production in osteoclasts. This mechanisms support overall bone stability and flexibility.