Collagen

Hydrolysed marine collagen with glucosamine and hyaluronic acid · 300 g powder

INDICATION

Adults who want nutritional support for skin hydration, elasticity and firmness, or for joint comfort in osteoarthritis, alongside sun protection, exercise and usual care.

26 RCTs
found better skin hydration and elasticity than placebo (2)

31%
less collagen fragmentation in the dermis at 10 g a day (3)

8 points
lower total WOMAC score than placebo in osteoarthritis (5)

2 scoops
once daily, in 150 ml of water

01 COMPOSITION AND DOSE

Hydrolysed marine (fish) collagen peptides	**10 g**
Glucosamine hydrochloride	**1,500 mg**
Hyaluronic acid	**100 mg**
Vitamin C	**35 mg**
Biotin	**30 mcg**

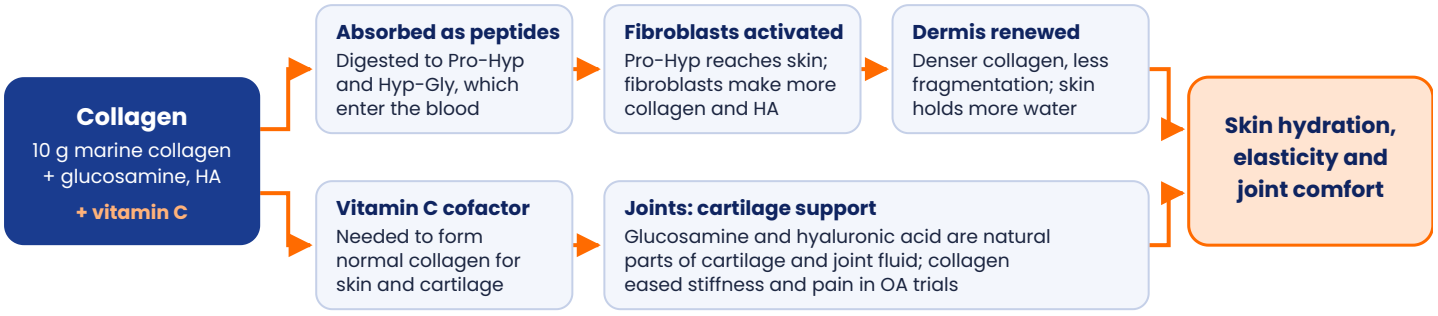
Amounts are per serving. **Dose:** 2 scoops in 150 ml of water, once daily; a 300 g tub gives 30 servings. Strawberry or orange flavour, sweetened with sucralose, no added sugar. **Contains fish. Label use:** nutritional support for skin and joints.

HOW IT WORKS

Hydrolysis cuts collagen into small peptides. After a dose, the dipeptides Pro-Hyp and Hyp-Gly appear in the blood (12, 13), and Pro-Hyp reaches the skin (14).

There, Pro-Hyp stimulates fibroblast growth (15), and collagen peptides lead fibroblasts to make more collagen and hyaluronic acid (3). Vitamin C is needed for normal collagen formation (16).

Glucosamine and hyaluronic acid are natural parts of cartilage and joint fluid (17); collagen itself eased stiffness and pain in osteoarthritis trials (5).



02 EVIDENCE, WITH REFERENCES

Study	Design and people	Intervention	Main result
de Miranda 2021 (1)	Meta-analysis, 19 RCTs, 1,125 people	Hydrolysed collagen vs placebo	Skin hydration and elasticity improved and wrinkles reduced vs placebo
Pu 2023 (2)	Meta-analysis, 26 RCTs, 1,721 people; 14 trials of marine collagen	Hydrolysed collagen vs placebo, 2 to 12 weeks	Hydration (SMD 0.63) and elasticity (SMD 0.72) improved; longer use (over 8 weeks) gave larger gains
Asserin 2015 (3)	Two RCTs; main trial 106 women, average age 53	Fish collagen 10 g/day, 12 weeks (this dose)	Dermal collagen density up 9%; collagen fragmentation down 31%; no change on placebo. A second trial: skin moisture up 12% at 8 weeks
Evans 2021 (4)	Triple-blind RCT, 50 women aged 45 to 60	Fish collagen 10 g/day, 12 weeks (this dose)	Wrinkle score down 35% from baseline; 24% fewer wrinkles than placebo; well tolerated
García-Coronado 2019 (5)	Meta-analysis, 5 RCTs in osteoarthritis	Collagen vs placebo	Total WOMAC 8 points lower; less stiffness; VAS pain score 16.6 points lower
Lin 2023 (6)	Meta-analysis, 4 RCTs, 507 people with knee osteoarthritis	Collagen peptides vs placebo	Less knee pain (VAS) than placebo; side effects no more common
Benito-Ruiz 2009 (7)	Double-blind RCT, 250 people with knee osteoarthritis	Collagen hydrolysate 10 g/day, 6 months (this dose)	Knee pain lower on VAS and WOMAC pain; most benefit with more joint wear and low meat intake
Reginster 2001 (8)	Double-blind RCT, 212 people with knee osteoarthritis	Glucosamine sulphate 1,500 mg/day, 3 years	Symptoms improved; no significant joint-space narrowing, which progressed on placebo
Oe 2017 (9)	Double-blind RCT, 12 weeks	Oral hyaluronic acid vs placebo	Wrinkles reduced vs placebo

Evidence base: most trials were small and many were industry-funded (11); glucosamine hydrochloride has given less consistent results than the sulphate (10).

For health professionals. This product is a food supplement and is not intended to diagnose, treat, cure or prevent any disease.

WHO BENEFITS MOST

Dry or ageing skin
Dryness, loss of firmness or fine lines, alongside daily sun protection.

Expect: better hydration and elasticity in 8 to 12 weeks

Women aged 40 to 60
Midlife skin changes; trials in this age group used this 10 g dose.

Expect: denser dermal collagen, fewer wrinkles at 12 weeks

Knee osteoarthritis
Mild to moderate joint pain or stiffness, with exercise and weight control.

Expect: less stiffness and pain over 3 to 6 months

More joint wear, low protein
Advanced joint wear or little meat in the diet: the groups that gained most.

Start: daily, review at 3 months

HOW TO USE IT IN PRACTICE

- **Starting:** 2 scoops stirred into 150 ml of water, once daily, at about the same time each day.
- **Monitoring:** for skin, note dryness and firmness (photographs help); for joints, a 0 to 10 pain score, stiffness and walking distance. INR on warfarin; glucose in diabetes.
- **Review:** skin at 12 weeks; joints at 3 months, as trials ran 3 to 6 months. Continue while it helps; stop if no change by 6 months.
- **With prescribed treatment:** can be used alongside paracetamol, topical NSAIDs and physiotherapy; check INR with warfarin.
- **With Draxer products:** Vitamin D3 + K2 when vitamin D is low, for bone and muscle; Magnesium Glycinate with Zinc, as zinc contributes to normal skin (16).
- **Supporting nutrients:** vitamin C contributes to normal collagen formation for skin and cartilage, and biotin to normal skin and hair (16). Oral hyaluronic acid also reduced wrinkles (9).

SIDE EFFECTS AND SPECIAL GROUPS

Common	With glucosamine, usually mild and short-lived: headache, tiredness, nausea, abdominal pain, indigestion, diarrhoea or constipation (17).
Uncommon	Rash, itching or flushing (17).
Collagen	Side effects no more common than on placebo in knee trials (6).
Allergy	Allergic reactions possible in people allergic to fish or shellfish (17).
Overdose	No specific data. Stop and treat symptoms.
Under 18	Not recommended; glucosamine has not been studied (17).
Kidney, liver	Glucosamine not studied; raised liver enzymes reported (17). Use on the prescriber's advice.

03 INTERACTIONS AND CAUTIONS

- **Warfarin and other vitamin K antagonists:** raised INR reported with glucosamine (17, 18); monitor INR closely, or avoid.
- **Diabetes or impaired glucose tolerance:** monitor glucose when starting (17).
- **Cardiovascular risk factors:** raised cholesterol seen in a few cases; check lipids (17).
- **Asthma:** worsening reported; warn patients (17).
- **Calcium oxalate kidney stones:** collagen may raise urinary oxalate, as shown with gelatin (19).
- **Kidney or liver impairment:** glucosamine not studied; use with care (17).

04 PREGNANCY AND BREASTFEEDING

Not recommended. Glucosamine should not be used in pregnancy and is not recommended during breastfeeding, for lack of data (17).

05 WHEN NOT TO RECOMMEND

- Fish allergy (20)
- Shellfish allergy (17)
- Pregnancy and breastfeeding
- Children and adolescents under 18 years (17)
- Vegetarians and vegans
- Hot, swollen joint, or pain with fever or weight loss: refer

PATIENT COUNSELLING CHECKLIST

- ☐ 2 scoops in 150 ml of water, once a day
- ☐ Take it every day, at about the same time
- ☐ Skin changes show in 8 to 12 weeks
- ☐ For joints, give it about 3 months
- ☐ Keep active and keep a healthy weight
- ☐ Allergic to fish or shellfish? Do not take it
- ☐ On warfarin? Tell your doctor first
- ☐ Pregnant or breastfeeding? Do not take it

Product details. 300 g tub, 30 servings (30 days). Store below 30°C in a dry place, away from direct light; keep the lid closed. Shelf life 24 months from manufacture; see pack for expiry. Food supplement made for Draxer Therapeutics by a partner manufacturer. Keep out of reach of children.

References

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