

Everything You Need To Know About Marine Collagen

Collagen is the “glue” that holds our inner world of tissue together and is the most abundant protein in the body. It is a significant component of our extracellular matrix— an intricate network of molecules that binds our tissues like a structural scaffold.

Collagen contains the essential amino acids that act as building blocks for healthy skin, teeth, bones, joints and connective tissue. It is integral to our overall well-being as it supports, strengthens and maintains our body's structures—right down to the tiniest blood vessels.

However, collagen levels decline with age due to reduced collagen synthesis.

After the age of 20, we start to produce 1 % less collagen each year, and as a result, our collagen and elastin fibres weaken and become thin and loose. The less collagen produced means we cannot restore these fibres, which eventually become dry and break.

So, what can we do?

Marine collagen supplements are growing in popularity as a revitalising anti-ageing skin treatment—from the inside out. Rich in glycine, proline and hydroxyproline—the amino acids that help with collagen synthesis, marine collagen may be a key to inner wellness.

What Is Marine Collagen?

Marine Collagen is a highly absorbable and bioavailable form of collagen protein. As the name suggests, it comes from the sea and is a type of “fish collagen”. It is also known as collagen hydrolysate, which, in simpler terms, means—the larger collagen molecule is broken down into collagen peptides (smaller particles), rendering it easier to digest and ready to use.

A notable benefit of marine collagen peptides is that they primarily consist of Type I collagen—the most abundant collagen in the human body. This collagen protein is vital to our skin, teeth, bones, muscles, tendons, ligaments, and connective tissue.

Marine collagen’s rise in the beauty industry is mainly due to its reputable skin regeneration benefits, so many have added this specialised form of collagen into their skincare regimes.

This increase in use and awareness has spurred interest in clinical studies on marine collagen’s relationship with anti-aging. A 2021 review of a randomised control study to evaluate the safety and efficacy of hydrolysed marine collagen on skin health in women aged between 45 and 60—reported a significant reduction in wrinkles and an increase in elasticity, radiance and hydration.

Marine Vs Bovine Collagen Supplements: Which One Is Better?

Marine and bovine collagen are both valuable sources of collagen—enabling support to a wide range of dietary preferences. When taken consistently from high-quality products, both can be highly beneficial. However, it’s essential to understand the differences when choosing what may suit you.

Marine Collagen

Skincare, with a conscience, is synonymous with high-quality marine collagen supplements. Its popularity is not only due to the many skin health benefits, but it is also a people's choice for the sustainability factor.

Marine collagen is entirely sea-sourced from fish. It is usually extracted from the fish skin, scales or bones—all by-products of the fishing industry. Therefore, nothing goes to waste. Moreover, if your marine collagen supplements are MSC-certified, you can guarantee that the environment and ocean remain unharmed and that sustainable fishery practices are applied. A Marine Stewardship Council certification means the fish are wild-caught from monitored fish stocks using non-destructive fishing machinery.

Bovine Collagen

A popular collagen supplement derived from the hides and bones of cattle. The impact of livestock products on the environment is widely known, contributing to 14.5% of all human-induced greenhouse gas emissions. Bovine is responsible for nearly half of those emissions. However, it can be a valuable addition with myriad health benefits. If bovine is your preferred choice, make sure you choose a product that is conscious of animal treatment and farming practices.

If we dig a little deeper, it is about which collagen sources might suit your lifestyle choices AND what types of collagen are found within these sources. Whilst both can support our internal and external structures, each has distinctive supportive roles.

Marine is abundant in Type I collagen—which has a strong affinity with skin health, particularly the reduction of wrinkles and increasing skin moisture levels.

Bovine contains Type I and III—which supports elastic cartilage and maintains the health and structure of bones, muscles, tendons, and ligaments.

Should You Take A Collagen Supplement?

Here Are 5 Marine Collagen Benefits:

As we age and our collagen supplies begin to dwindle, introducing a marine collagen powder is a fantastic way to boost your daily intake.

So, could this be the anti-aging gem you are looking for? With little-known side effects and a slew of promising studies, it's highly possible. Let's explore some of the many benefits of marine collagen.

Support Skin Health

A powerhouse powder for the skin. It has shown great promise in reducing the signs of aging. Collagen is a hydrophilic (water lover) molecule—it attracts water like bees to honey. A 2022 published review on the benefits of marine collagen demonstrated its ability to improve skin elasticity and reduce wrinkles through increased skin hydration.

When taken regularly, this essential nutrient acts as an antioxidant internally and externally, protecting us from free radical damage and firming, plumping and increasing the skin's overall radiance.

Source Of Protein For Pescatarians

Marine collagen contains a vast amino acid profile (18 different types), providing a valuable source of protein. However, it is not a complete protein as it only contains 8 of the 9 essential acids, so it is a brilliant way to improve your pescatarian diet—in conjunction with a healthy, balanced diet rich in amino acids, vitamins and minerals.

Improves the Digestive Lining And Support Gut Health

Gut health is integral to our well-being. The gut supports our immunity, nervous system, brain health, and skin. Therefore, maintaining a healthy digestive should be a top priority. One way to do this is the introduction of marine collagen—it will make your gut smile. Marine collagen studies have shown a positive restoration to the endothelial lining of the digestive system, thanks to its plentiful supplies of the essential gut repairing and rebuilding amino acids—glycine, proline, and hydroxyproline, For a leaky gut, this is invaluable; a common condition caused by increased intestinal permeability—which allows undigested food, bacteria, and toxins to pass into the bloodstream. Collagen can aid in reducing inflammation, repairing the lining, and restoring gut integrity.

Beauty Benefits For Your Hair And Nails

Everyone loves the idea of healthy hair. So, why not add collagen to your routine? Consider collagen a building block, a precursor to life's internal balance. And our hair health is no exception. Hair predominantly consists of keratin; our body requires specific amino acids to make this protein—some of which are found in collagen. In particular, proline, which is plentiful in marine collagen.

Collagen makes up 70% of your dermis (the middle layer of your skin), which contains the root of each hair. Therefore, nourishing your body with collagen may help maintain a healthy dermis and prevent that dreaded hair thinning.

Supports Bone And Joint Health

Cellular structure and collagen go hand-in-hand. Supplementing with marine collagen has been shown to increase collagen synthesis, improve bone matrix and bone strength, and reduce joint pain.

As we get older, this can be a very welcome thing. As with our external skin aging, our bone health can also suffer. Clinical trials into using collagen in supporting bone and joint health have shown positive results for conditions such as osteoarthritis.

Collagen not only plumps our skin, but it plumps our bones as well. A combination of calcium, Vitamin D, Vitamin C and collagen could prevent a loss of bone mineral density and may preserve our muscular-skeletal system's longevity a bit longer.

Would you like to learn more about how you can support your well-being with collagen? [Click here to browse all of The Beauty Chef collagen products.](#)