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Breaking News

Verisol Collagen Peptides Improved Hair Thickness in 16 Weeks

44 healthy women between the ages of 39 and 75 saw significantly thicker hair, and, in vitro, hair follicle cells had a 31% proliferation.



According to researchers, we can now add hair to the list of "beauty from within" applications Collagen can be used for.

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Collagen peptides are known to provide nutrients to skin, joints, and nails, with statistically significant improvements to appearance cosmetically. Little research has been conducted to evaluate collagen's efficacy on improving the appearance of hair, but researchers have recently published some positive results on that front.

In a study conducted on 44 women between the ages of 39 and 75 who each received a dose of water-soluble 2.5 g of Verisol collagen peptides or a placebo for sixteen weeks, Verisol led to a significant increase in hair thickness, in terms of an increased diameter to each strand of hair, whereas a slight decrease was observed in the placebo group.

The comparison of the two groups confirmed that Verisol can improve hair thickness, which is a key aspect of hair appearance. Additionally, an in vitro test was performed to see if stimulating cells of the extra-cellular could have a positive impact on hair follicle cells and promote their proliferation.

The in vitro test showed a statistically significant increase of 31% in the proliferation rates of human hair follicle cells after exposure to Verisol for 4 hours, compared with the untreated control cells. This suggests a positive effect of collagen peptides on hair metabolism, building on previous data showing bioactive collagen peptides to increase mitochondrial activity of hair follicle cells.

"Since it is known that collagen peptides can exhibit different biological activities, it must be stated that the effects measured here apply only to these specific [Verisol] BCP and cannot necessarily be applied to other collagen products," the study authors concluded. "Further investigation would be desirable to better understand the metabolic effects and the underlying mechanism of action."

"The positive effects of Verisol on skin elasticity and wrinkle reduction have been demonstrated by several clinical trials, performed over the last 10 years and testing nearly 500 study participants," Stephan Hausmanns, Gelita's vice president of health and nutrition, said. "With this new study, we add improved hair structure to the many positive benefits of Verisol. It can be assumed that the increased hair thickness observed also leads to improved textural and physical properties of hair, making it stronger and more resistant to breakage."

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