Collagen

the BEST protein

NATALIE CHEECHOV NOV 28, 2017 01:08PM

Collagen Supplements: What do they do?

http://time.com/5034102/collagen-supplement-powder-benefits/

Collagen found in 80-million-year-old dinosaur! Rawr XD :3

Researchers have found collagen peptides from an old dinosaur. This finding further supports the idea "that organic molecules can persist in specimens tens of millions of years longer than originally believed."

Link to article:
https://www.sciencedaily.com/releases/2017/01/170123145210.htm

Collagen Uses

Skin fillers
- can remove lines and wrinkles
- can improve scars

Wound dressing
- wounds that expel bodily fluids
- necrotic or rotting wounds
- second-degree burns

Treatment of osteoarthritis
- collagen supplements
- helped decrease painful symptoms
- helped improve joint function

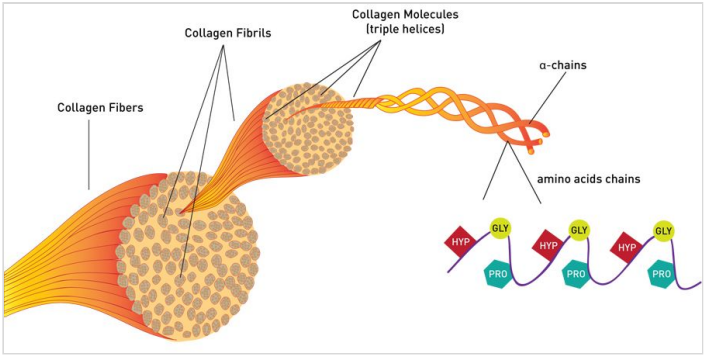
Where Collagen is found

Collagen is found in the flesh and connective tissues of mammals. Collagen plays a role in the renewal of skin cells, and in skin firmness and elasticity. It is also a big part of what makes up bones, ligaments, and tendons. Collagen plays a vital role in the body, as it makes up 25-35% of protein content in the body.

Source: https://www.news-medical.net/health/What-is-Collagen.aspx

Why is collagen important?

Healthy levels of collagen can increase the strength and elasticity of skin and hair. It also is what holds our joints and bones together. High levels of collagen strengthens bone structure. Collagen decreases as you age, so its important to continue to eat beans, omega acids, and dark green vegetables to keep your collagen levels high.



Collagen-elastin bundles on bat wings are like finger prints!

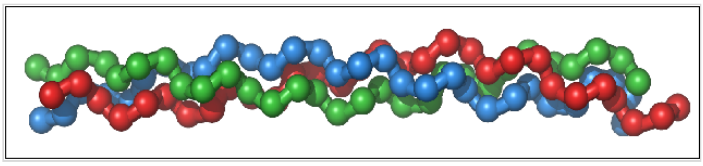
Crisscross collagen lines have the potential to "satisfy scientific standards for measuring unique characteristics: universality, distinctiveness, permanence and collectability." Important: Ability to recognize animals without imperil the animal or its behavior.

Link: https://www.sciencedaily.com/releases/2017/10/171024130624.htm

What Does It Do?

Collagen is a **hard**, **insoluble**, and **fibrous** protein that is the **most abundant protein in the body**. It is the substance that holds the body together; it plays a role in **replacing and restoring dead skin cells**, and acts as **protective coverings for delicate organs**. As we age, our body's production of collagen declines, which **causes wrinkles and weakened joint cartilage.**

Triple Helix



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