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1 Against the peptide: EFSA acknowledges elasticity/wrinkle benefits but rejects skin health claim

27-Jun-2013

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Related tags: [Skin health](#), [Health claims](#), [Peptides](#), [Elasticity](#), [Wrinkles](#)

German supplier Gelita says general food law can be a place for skin health and beauty claims after the European Food Safety Authority (EFSA) rejected its peptide-based skin health claim.

EFSA's health claims panel agreed, "*skin elasticity leading to an improvement in skin function is a beneficial physiological effect*" but said this was not demonstrated in two human studies, one animal study and one *in vitro* study.

Responding to the rejection, Gelita said claimless nutrients like its VeriSol peptide under the EU nutrition and health claims regulation (NHCR), could find hope in general EU food law where principles about general misleading advertising were outlined.

"The rules say that the labeling and marketing of a food must not be misleading particularly by attributing to the food stuff effects or properties which it does not possess and which are not scientifically substantiated," Gelita said.

"Therefore, we believe that a beauty claim that does not suggest or imply that a relationship between the food and health does exist may be used if supported by strong and relevant scientific studies."

It said the rejection therefore gave it confidence, "*that customers can promote the demonstrated and scientific proven VeriSol benefits ... under the respective food legislation."*

Opinion details

In its [opinion](#) EFSA highlighted one randomised, double-blind, placebo-controlled study where 114 women received 2.5 g of VeriSol daily for eight weeks or placebo.

The primary outcome was volume of eye wrinkles with secondary outcomes of content of pro-collagen type I, elastin and fibrillin in suction blister biopsies.

In dismissing the study EFSA's Panel on Dietetic Products, Nutrition and Allergies (DNA) said the study, *"did not assess a function of the skin, and considers that no conclusions can be drawn from this study for the scientific substantiation of the claim."*

Another randomised, double-blind, placebo-controlled study with 69 women receiving the same dose for the same length of time (or placebo) had skin elasticity and skin hydration as primary outcomes. Secondary outcomes were transepidermal and transonychia water loss and skin roughness.

The Panel said, *"that measures of transepidermal water loss can be used as scientific evidence for a function, i.e. the water barrier function, of the skin, and that measures of the water-holding capacity (hydration) of skin may be used as supportive evidence."*

But, *"There were no significant differences between the groups for transepidermal water loss or skin hydration at any time point. The Panel notes that this study did not show an effect on the water barrier function of the skin, and that no other function of the skin was measured."*

It therefore concluded that, *"a cause and effect relationship has not been established between the consumption of VeriSol and a change in skin elasticity leading to an improvement in skin function."*

Gelita said of that conclusion that, *"EFSA decided to report only those outcomes which were directly relevant for the claimed effect under assessment and did not comment on the positive results (elasticity/wrinkle reduction) as they do not consider them as 'skin functions' and therefore not health claim relevant."*

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summary and link below:

2 EFSA rejects collagen joint health claim; accepts L-tyrosine

By Shane Starling, 20-Jul-2011

The European Food Safety Authority (EFSA) has rejected an article 13.5 health claim submission from German company Gelita that sought to link collagen consumption and joint health.

<http://www.nutraingredients.com/Regulation-Policy/EFSA-rejects-collagen-joint-health-claim-accepts-L-tyrosine>

[Skin Pharmacol Physiol](#). 2014;27(1):47-55. doi: 10.1159/000351376. Epub 2013 Aug 14.

3 Oral supplementation of specific collagen peptides has beneficial effects on human skin physiology: a double-blind, placebo-controlled study.

[Proksch E¹](#), [Segger D](#), [Degwert J](#), [Schunck M](#), [Zague V](#), [Oesser S](#).

Author information

Abstract

Various dietary supplements are claimed to have cutaneous anti-aging properties; however, there are a limited number of research studies supporting these claims. The objective of this research was to study the effectiveness of collagen hydrolysate (CH) composed of specific collagen peptides on skin biophysical parameters related to cutaneous aging. In this double-blind, placebo-controlled trial, 69 women aged 35-55 years were randomized to receive 2.5 g or 5.0 g of CH or placebo once daily for 8 weeks, with 23 subjects being allocated to each treatment group. Skin elasticity, skin moisture, transepidermal water loss and skin roughness were objectively measured before the first oral product application (t0) and after 4 (t1) and 8 weeks (t2) of regular intake. Skin elasticity (primary interest) was also assessed at follow-up 4 weeks after the last intake of CH (t3, 4-week regression phase). At the end of the study, skin elasticity in both CH dosage groups showed a statistically significant improvement in comparison to placebo. After 4 weeks of follow-up treatment, a statistically significantly higher skin elasticity level was determined in elderly women. With regard to skin moisture and skin evaporation, a positive influence of CH treatment could be observed in a subgroup analysis, but data failed to reach a level of statistical significance. No side effects were noted throughout the study.

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Journal of Cosmetic Dermatology, 14, 291—301 12 SEP 2015

4 The effect of oral collagen peptide supplementation on skin moisture and the dermal collagen network: evidence from an ex vivo model and randomized, placebo-controlled clinical trials

Jerome Asserin, PhD, 1 Elian Lati, PhD, 2 Toshiaki Shioya, B.Eng., 3 & Janne Prawitt, PhD 4

Summary

Background Skin dryness and an accelerated fragmentation of the collagen network in the dermis are hallmarks of skin aging. Nutrition is a key factor influencing skin health and consequently its appearance. A wide range of dietary supplements is offered to improve skin health. Collagen peptides are used as a bioactive ingredient in nutricosmetic products and have been shown in preclinical studies to improve skin barrier function, to induce the synthesis of collagen and hyaluronic acid, and to promote fibroblast growth and migration. Our aim was to investigate the effect of oral supplementation with specific collagen peptides on skin hydration and the dermal collagen network in a clinical setting. **Methods** Two placebo-controlled clinical trials were run to assess the effect of a daily oral supplementation with collagen peptides on skin hydration by corneometry, on collagen density by high-resolution ultrasound and on collagen fragmentation by reflectance confocal microscopy. Human skin explants were used to study extracellular matrix components in the presence of collagen peptides ex vivo. **Results** Oral collagen peptide supplementation significantly increased skin hydration after 8 weeks of intake. The collagen density

in the dermis significantly increased and the fragmentation of the dermal collagen network significantly decreased already after 4 weeks of supplementation. Both effects persisted after 12 weeks. Ex vivo experiments demonstrated that collagen peptides induce collagen as well as glycosaminoglycan production, offering a mechanistic explanation for the observed clinical effects. Conclusion The oral supplementation with collagen peptides is efficacious to improve hallmarks of skin aging.

[Clin Interv Aging](#). 2014; 9: 1747–1758.

Published online 2014 Oct 13. doi: [10.2147/CIA.S65939](https://doi.org/10.2147/CIA.S65939)

PMCID: PMC4206255

5 Daily consumption of the collagen supplement Pure Gold Collagen® reduces visible signs of aging

[Maryam Borumand](#) and [Sara Sibilla](#)

Abstract

With age, changes in the metabolic processes of structural components of the skin lead to visible signs of aging, such as increased dryness and wrinkle formation. The nutritional supplement, Pure Gold Collagen®, which consists of hydrolyzed collagen, hyaluronic acid, vitamins, and minerals, was developed to counteract these signs. An open-label study was conducted to investigate the effects of this nutritional supplement on skin properties. Supplementation with 50 mL of Pure Gold Collagen on a daily basis for 60 days led to a noticeable reduction in skin dryness, wrinkles, and nasolabial fold depth. In addition, a significant increase in collagen density and skin firmness was observed after 12 weeks. The data from this study suggest that Pure Gold Collagen can counteract signs of natural aging.

6 RCT: Wellnex Collagen Peptides Show Significant Results for Skin Health

MORRISVILLE, NORTH CAROLINA -- The Journal of the Science of Food and Agriculture published a new study on Wellnex Collagen Peptides' effects on skin health. In a double-blind, placebo controlled clinical trial, Wellnex Type S Collagen Peptides, a specialty collagen with a high concentration of key di-peptides, showed statistically significant results for the improvement of skin hydration, elasticity, wrinkles/fine lines and skin roughness, compared to the placebo. Furthermore, when directly compared to a standard collagen peptide, Wellnex Type S proved to be more effective for skin health. This suggests that the high concentration of specific key di-peptides in Type S...

7 Nitta Gelatin & Wellnex Featured on China's CCTV

SHANGHAI, CHINA —Nitta Gelatin and its teams of experts and partnership were featured on China's predominant state media channel CCTV on November 26, 2015. Entitled "Road to a Champion Brand," this 30-minute special highlights the benefits of Wellnex Collagen Peptides, Nitta's clinical studies and ongoing research, collagen applications, and Nitta Gelatin's dedication and success to the quality and science behind Wellnex Collagen Peptides.

8 Wellnex Shows Positive Results for Pressure Ulcers in RCT

OSAKA, JAPAN — Nitta Gelatin unveiled a new published study in the Japan Pharmacology & Therapeutics Journal for Wellnex effects on Stage II and III pressure ulcers. Effect of Wellnex PU Collagen Peptides, which contains high levels of key dipeptides, on healing of pressure ulcer was investigated in a randomized, placebo-controlled, double-blind trial. All subjects with Stage II or III pressure ulcer were treated with standard therapy and ingested either Wellnex PU Collagen Peptides or a placebo in addition to their standard diet. Wellnex PU intake and placebo intake group were compared. End point was a comparison between groups of levels of Pressure Ulcer Scale...