



Clinical Effects and Safety of Oral treatment with Low-molecular Fish Collagen Hydrolysate on Female Facial Skin Properties

Abstract

Objective: To study the effects and safety of oral treatment with low-molecular fish collagen hydrolysate on female facial skin.

Methods: Thirty volunteers were randomly to divide into testing group and the control group. The testing group(15 cases) was given 6 g low-molecular fish collagen hydrolysate per day for 30 days, and no collagen hydrolysate was ingested by the control group(15 cases). Questionnaires, visia complexion analysis system and soft5.5 skin detection monitor were used for assessment the wrinkle, pore, evenness, porphynin moisture and sebum before and after the experiment.

Results: Questionnaires results that low-molecular fish collagen hydrolysate is effective in improving sleep and enhancing physical function ($P < 0.05$). Wrinkles, pores, evenness, porphynins, moisture and sebum have been improved significantly ($P < 0.05$) in the testing group, while there was no significant changes in the control group.

Conclusion: Low-molecular fish collagen hydrolysate can improve the female facial skin and it is safe and effective.

Key words: Low-molecular fish collagen hydrolysate; Facial skin

If you need more information, please contact : info@semnl.com