

Collagen makes up 75% of our skin. What is Collagen?

The most important building block in the entire animal world, collagen is the tie that binds the animal kingdom together.

Life is a string of complex molecules: polymers. Nature's most abundant protein polymer is collagen. More than a third of the body's protein is collagen. Collagen makes up 75% of our skin. The more science learns about the body, the more integral we see collagen to be.

Collagen Acts as a scaffolding for our bodies. Controls cell shape and differentiation. Is why broken bones regenerate and wounds heal. Why blood vessels grow to feed healing areas.

The Collagen mesh provides the blueprint, the road map and the way. Collagen is the fibrous protein constituent of skin, cartilage, bone, and other connective tissue.

Collagen, the most important building block in the entire animal world, is the tie that binds the animal kingdom together. In life's long march up from the primordial ooze, anything with more than one cell -- from the simplest, oldest living creature to man -- is knitted into whatever it is by collagen. The word collagen comes from the Greek, and means "**glue producing**". No wonder the popular name for collagen is connective tissue. You might say that Mother Nature had to invent collagen for the evolutionary march upward from a single cell.

When the body needs to build any new cellular structure as in the healing process, for example, collagen and/or collagen fragments play a central role. Although the role of collagen as a scaffold has been known for some time, we now know that collagen controls cell shape and differentiation, migration, and the synthesis of a number of proteins. This is why broken bones regenerate and wounds heal. Why blood vessels grow to feed healing areas. The collagen mesh provides the blueprint, the road map and the way.

Collagen is a relatively simple protein, and an important building block for healthy bodies. It helps skin look firm, with a youthful appearance.

Collagen is present in normal skin. As dead skin cells are sloughed off, new cells replace them. As we age, our supply of collagen is diminished or degraded. This leads to laugh lines, wrinkles and other creases in the skin.

Applying a collagen-enriched lotion or serum to your skin will help to rejuvenate the skin from beneath the surface. **Recommended use rate in lotions and serums is 1 -5%**. It is effective at all pH levels and is soluble in water and glycerin. It is not miscible in oil.

Apply tiny (less than pea size) after cleansing, before moisturizer, twice daily.

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