

What is Collagen?

Collagen is the most abundant connective tissue protein, constituting 25–35% of the total protein content in the body. It is a primary component of skin, cartilage, bones, muscles, ligaments, tendons, teeth, hair, nails, and blood vessels. Acting like a scaffold, collagen holds tissues together, making them strong and flexible, and resistant to tension and fragility. After the age of 20, collagen production in the body begins to decrease, and by age 30, this process significantly slows down to the point where it can be considered nearly halted. Factors such as UV radiation, stress, smoking, lack of proper exercise, and poor nutrition further degrade existing collagen, leading to issues like premature skin aging, joint pain, and bone weakness. Maintaining a collagen-rich diet is challenging because most foods do not naturally contain this protein. Therefore, consuming collagen supplements is essential to compensate for its deficiency. In recent years, there has been growing interest in edible collagen as a dietary supplement, with numerous studies exploring its benefits. Key benefits of collagen consumption include:

- Supporting skin health
- Alleviating joint pain
- Strengthening bones
- Increasing muscle mass
- Enhancing heart function
- Promoting weight loss
- Boosting athletic performance, muscle building, and burning fat
- Strengthening the digestive system
- Improving sleep quality
- Enhancing gum and dental health

All the mentioned benefits are based on credible references.



What is Hydrolyzed Collagen?

Hydrolyzed collagen is collagen broken down through hydrolysis into smaller, water-soluble forms. This process reduces collagen into smaller units easily absorbed by the bloodstream. This type of collagen is widely used as a dietary supplement to improve inflammatory responses, joint and skin health, and support hair and nail health. Due to its better absorption and faster digestion compared to traditional collagen, hydrolyzed collagen is increasingly used in the food and pharmaceutical industries.

Some of the Most Important Applications of Collagen in Industries:

Beauty and Skincare Industry

Collagen is one of the most widely used materials in the beauty industry. Due to its high ability to maintain skin firmness and softness, it is used as a key component in anti-aging products, moisturizers, serums, facial masks, hair and nail products, cleansers, and soaps.



Food Industry

Collagen has diverse applications in the food industry, especially in the production of chocolate and related products. For example, it is used as a raw material to produce gelatin for various desserts and jellies to improve texture and consistency. Additionally, in certain chocolate products and snacks, collagen can enhance nutritional value. In some low-calorie and diet products, collagen is used as a substitute for fats and sugars, helping to reduce calories while increasing the protein content of the product.



Medical Industry

Collagen is used in the production of specific medications and treatments, particularly for joint pain and arthritis in older adults. It is also employed as a natural biomaterial in the construction of artificial tissues and therapeutic products, such as wound dressings and medical bandages, to accelerate the healing process.



Why Gelolite Collagen Powder?

Gelolite hydrolyzed collagen contains magnesium, selenium, and vitamin C in its molecular structure, and as a unique protein compound, it helps with collagen absorption even through the skin or in an oral solution form. The bioactive peptides of hydrolyzed collagen are absorbed more quickly due to their lower molecular weight. The specialists who produce this product, aware of the high efficacy of these substances and the lack of such products in the domestic market have taken the initiative to produce collagen within the country and are proud to offer Gelolite collagen powder to their fellow citizens both domestically and abroad. Gelolite collagen powder is made from camel and cow skin tissues. Camel collagen has a warm and energizing nature, while cow collagen has a cooler nature

How to use (Orally)

Mix two scoops of the supplement with your preferred drink daily until fully dissolved. One scoop is equivalent to 2.5 grams of collagen powder

The recommended usage period is at least 6-12 weeks

How to use (Topically)

Mix four scoops of Gelolite collagen powder in one-third of a glass of water, and apply the required amount of the solution evenly on clean skin as a facial mask using a brush or cotton pad. Massage gently. Leave it on the skin for 20 minutes. During this time, it is necessary to spray water on the face one or two times to help improve absorption and enhance the repair and hydration of the skin cells

Storage Condition

Close the container tightly and store in a dry place at room temperature.

Protect from excessive heat, freezing, moisture, and light.



More Information About the Impact of Collagen on the Body:

Having Healthy, Radiant, and Youthful Skin

Collagen makes up three-fourths of the dry weight of our skin and undoubtedly plays a significant role in the health and beauty of the skin. People are constantly influenced by internal and external factors in their lives, which affect the aging process of their skin, and cause a loss of skin function. Sun exposure and ultraviolet rays, air pollution, tobacco smoke, stress, and poor nutrition are examples of external or environmental factors that damage the collagen in the skin. Intrinsic aging can occur due to genetic factors or aging itself. As we age, collagen production in the body decreases, leading to changes in the skin such as reduced resistance, dryness, thinning, increased sagging, and the formation of wrinkles.

Collagen peptides directly impact cellular metabolism and lead to increased production of extracellular matrix molecules such as collagen, elastin, and proteoglycans, which play a vital role in maintaining the structure, health, and beauty of the skin. Clinical trial results show that the consumption of this supplement, by increasing collagen synthesis and content, leads to plumping, improved elasticity, strength, hydration, brightness, and the reduction of wrinkles, protecting the skin from aging. In addition to being an anti-aging supplement, collagen also plays an important role in biological processes related to wound healing and tissue formation, accelerating the healing of wounds and burns.



Having Strong, Long, and Beautiful Nails

Collagen protein plays a vital role in maintaining nail health. Nails are primarily made up of a protein called keratin, which is responsible for their structure. However, collagen also plays an important role in the formation and maintenance of nails, helping with their flexibility and strength. This protein acts like glue, holding the keratin strands together and preventing nails from becoming brittle and breaking easily. Collagen also plays an important role in maintaining moisture in the nails, which is essential to prevent dryness and brittleness.



Having Thick, Long, and Full Hair

Collagen is rich in amino acids that help promote stronger and faster hair growth, as well as the production of keratin, which is a major component of hair structure. This protein significantly increases the mitochondrial activity of hair follicle cells, improving blood circulation in the scalp, oxygen supply, and better nourishment of hair follicles, which in turn enhances the tissue and physical properties of the hair. Since collagen forms a large part of the dermis, which contains the root of each hair strand, supplying collagen to the body helps in the regeneration and maintenance of the dermis, preventing hair thinning and hair loss. Additionally, collagen peptides can act as antioxidants and fight free radicals that cause damage to the hair-producing cells and pigment-producing cells. According to studies, the consumption of collagen supplements leads to an increase in the proliferation of follicle cells, strengthening the hair root, increasing hair thickness, and improving its resistance to damage and breakage, preventing hair loss and graying, and creating optimal conditions for hair regrowth and growth.



Collagen and Bodybuilding

In addition to its use in the beauty industry, collagen has many lesser-known features that play a very important role in the health and performance of athletes. Collagen and bodybuilding are inseparable in the fitness world. Collagen is the most abundant protein in the body and a key component of various tissues such as skin, muscles, tendons, ligaments, cartilage, and bones. This protein forms the skeleton of cells and tissues in the body, supporting them. Building an ideal and beautiful physique depends on three key principles: training, nutrition, and recovery. Studies have shown that collagen peptide supplements improve body composition by increasing muscle mass, reducing fat mass, and enhancing muscle strength, while also accelerating tissue repair and recovery after exercise.



Muscle Mass Growth

Collagen peptides are rich in amino acids that promote muscle growth. This protein creates a positive nitrogen balance, placing the body in an anabolic or muscle-building state, where blood flow, oxygen, and nutrients are delivered more effectively to the muscles, creating optimal conditions for muscle growth. Collagen peptides also contain the amino acids needed to build keratin, which further helps in increasing muscle mass.

Reconstruction and Recovery

Muscle recovery after intense exercise is a crucial aspect of bodybuilding. This process is vital for enhancing performance and strength, preventing muscle injuries, and achieving muscular aesthetics. During weight training, your muscles experience microtrauma or minor injuries due to stretching, pressure, and repeated contractions. In such situations, collagen plays a role in the rebuilding process .helping repair the damaged muscle fibers

Joint Strengthening

Supporting the joints is one of the keys to bodybuilding, especially because it reduces the risk of injury. Collagen protein is essential for the formation and .function of cartilage. The cartilage in the knee joint requires more flexibility ,Collagen peptides increase flexibility, improve the range of motion of the joints .and enhance the ability of the joints to bear heavy weights and high pressure

Bone Strengthening

Collagen makes up more than 90% of the organic matrix of bones and plays a significant role in their strength and structural integrity. This protein increases the resistance of bones to weight, pressure, and impact by improving bone strength and density. Strong bones support muscle mass growth and prevent injuries and .fractures

Tendon and Ligament Strengthening

Tendons and ligaments play a crucial role in physical activity, and collagen is a key component in their formation and structure. Collagen peptide supplements increase the strength and flexibility of tendons and ligaments, allowing for smoother body movement. By increasing elasticity, the risk of tearing and injury to .these tissues is reduced

