

# Collagen: Which Type is Best for Your Skin and Overall Health?

By Robert Ferguson

Collagen is one of the most sought-after supplements today, and people often ask: **Which type of collagen is best? What's the difference between the three main types? Is a powder better than a liquid?** This article will answer these questions and more. With 30 years of experience as a nutritionist, including over 25 years consulting and manufacturing nutraceuticals (such as supplements), I am committed to providing an unbiased recommendation for the product I endorse—along with the reasoning behind my choice.

## My Journey with Collagen

In 1998, I was manufacturing my first supplements, including a protein powder called "Power Protein" and a thermogenic I named "Trim." Around that time, I was introduced to **BioCell Collagen** because of its unique ability to promote **active joints, youthful-looking skin, and healthy connective tissues**. While I found it fascinating, I wasn't ready to promote it just yet. Over time, as I deepened my knowledge of hydrolyzed collagen and hyaluronic acid—well before these ingredients became mainstream—I began recommending **BioCell Collagen** to clients. Today, it remains a trusted ingredient in popular brands like **NOW Foods** and **Health Logics**.

Fast forward a few years, I developed a friendship with the founders of BioCell Collagen. They asked me to help bring a liquid version of BioCell Collagen to market. This product became known as **Liquid Collagen** under the company Jusuru, which eventually merged into **Modere**. As part of their science board, I shared my excitement about Liquid Collagen on platforms like *Good Morning America*. The product became a game-changer and remains widely sought after today.

## The Rise of Collagen Boozt

Today, collagen is everywhere—on commercials, in beauty products, and as a centerpiece of health trends. Despite the continued success of **Liquid Collagen**, I've found something I believe is even better: **Collagen Boozt by Zinzino**.

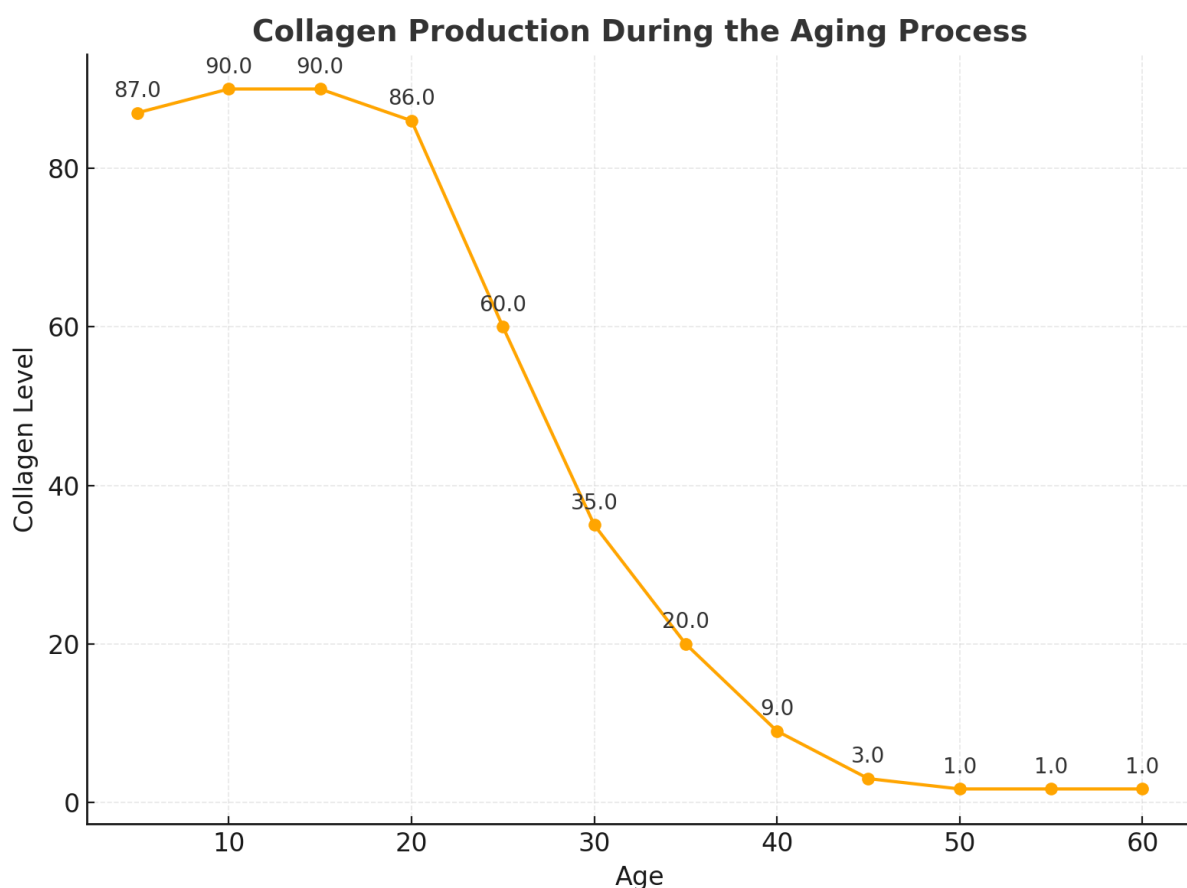
As a partner with Zinzino, I've come to appreciate the science behind their products, particularly **BalanceOil+** and the **BalanceTest**. But Collagen Boozt is a standout product for one major reason: it's **superior when it comes to improving the appearance and elasticity of skin**. Unlike Liquid Collagen, Collagen Boozt also addresses the connection between gut health and skin health, making it an all-in-one beauty and wellness solution.

## What is Collagen and Why Does It Matter?

Collagen is the most abundant protein in the human body, making up **30% of the body's total protein content** and approximately **70% of the protein in your skin**. It plays a crucial role in keeping your **skin smooth, your hair shiny, your nails strong, and your joints healthy**. Collagen serves as a vital building block for connective tissues, including skin, tendons, ligaments, and cartilage.

However, as we age, **collagen production slows significantly**—beginning as early as our mid-20s—leading to **wrinkles, saggy skin, brittle nails, and stiff joints**. By the time we reach our 40s, collagen production has decreased by around 25%, and by our 60s, it can drop by more than 50%.

This below chart illustrates the progressive drop in collagen levels over time, starting around the age of 20. By age 30, collagen production begins to decline at an accelerated rate, with noticeable reductions in skin firmness and hydration. By the time we reach 60, collagen levels have decreased to a fraction of what they were in our youth, contributing to wrinkles, sagging skin, and joint discomfort. Understanding this natural process highlights the importance of maintaining collagen levels through proper nutrition, lifestyle habits, and supplementation.



Source: J Cosmet Dermatol. 2019 Mar 4. doi: 10.1111/jocd.12893

Another reason collagen has been part of my recommendations is because it helps my clients who have had **cosmetic surgery** or experienced **massive weight loss**. In these cases, the body often struggles with saggy, loose skin, and slower recovery. A **quality collagen product** supports **skin elasticity**, aids in **tissue repair**, and can significantly improve recovery after surgery or weight loss, helping clients look and feel better during their transformation.

Supplementing with collagen helps stimulate your body to produce more of it naturally while also boosting **hyaluronic acid**, which keeps skin hydrated, plump, and youthful.

## Types of Collagen: What's the Difference?

There are at least 28 different types of collagen, but the three main types found in the human body—and most commonly in supplements—are Types I, II, and III. Each type has unique roles and is found in different parts of the body.

### Type I Collagen

Type I collagen is the **most abundant**, making up about **90% of the body's total collagen**. It is a primary structural protein found in:

- **Skin**
- **Bones**
- **Tendons**
- **Ligaments**
- **Teeth**
- **Fibrous cartilage**
- **Connective tissue**

**Benefits:** Type I collagen is essential for maintaining the structure and strength of the skin, making it the best option for improving **skin elasticity**, **reducing wrinkles**, and enhancing **overall skin health**.

### Type II Collagen

Type II collagen accounts for about **10% of the body's collagen** and is primarily found in:

- **Cartilage**, particularly in joints

**Benefits:** Type II collagen plays a critical role in **joint health** by supporting cartilage structure and cushioning joints. It is ideal for those seeking to improve **joint comfort** and **mobility**.

## Type III Collagen

Type III collagen makes up approximately **5-15% of the body's collagen** and is commonly found alongside Type I collagen in:

- **Skin**
- **Muscles**
- **Blood vessels**
- **Organs**, especially during tissue repair

**Benefits:** Type III collagen supports the structure of muscles and organs and is essential for the **repair and elasticity** of tissues. It works closely with Type I collagen to improve **skin firmness and elasticity**, and it also supports **gut health**.

## Summary of Collagen Types and Their Proportions

- **Type I Collagen:** ~90% (+or-) of total collagen; essential for skin, bones, and connective tissues.
- **Type II Collagen:** ~10% (+or-) of total collagen; critical for joint health and cartilage.
- **Type III Collagen:** ~5-15% (+or-) of total collagen; works with Type I in skin and tissue repair.

This breakdown highlights why **marine collagen**, which primarily contains Types I and III, is ideal for skin health and anti-aging benefits, while **Type II collagen** (like in Liquid BioCell) is better suited for joint health.

## Is Liquid Better Than Powder?

While collagen powders are popular, **liquid collagen** is often absorbed more efficiently and delivers faster results. Liquid supplements are also easier to consume, especially for those who dislike mixing powders into drinks.

## Why I Recommend Collagen Boozt Over Others

After reviewing the key differences, **Collagen Boozt by Zinzino** stands out as the best option for improving skin elasticity, reducing wrinkles, and supporting nail health. Here's why:

1. **Highly Bioavailable Marine Collagen:** Absorbed efficiently, targeting skin health and anti-aging benefits.
2. **Superior Hydration:** 120 mg of hyaluronic acid per serving provides intense hydration.
3. **Extra Nutrients for Beauty and Gut Health:** Includes vitamin C, biotin, and prebiotics for holistic wellness.
4. **Convenient Dosing:** A simple 10-day regimen with a great cherry flavor.
5. **Clean Sourcing:** Made from wild-caught Arctic fish, ensuring purity and sustainability.

## Collagen Product Comparison: Why Collagen Boozt Stands Out

Feature	Collagen Boozt (Zinzino)	Liquid BioCell (Modere)	I66 The Beauty Fountain	Isagenix Collagen Elixir	Bovine Collagen	Marine Collagen (General)
Source	Marine collagen (wild-caught Arctic fish)	Chicken sternal cartilage	Marine collagen + antioxidants	Marine collagen (wild-caught deep-sea fish)	Cow hides or bovine bones	Marine collagen peptides
Types of Collagen	Types I and III	Type II	Types I and III	Type I	Types I and III	Types I and III
Hyaluronic Acid Content	120 mg per serving	Boosts HA by up to 6,000% (unspecified amount)	Not specified	Not specified	Not typically included	Not typically included
Additional Ingredients	Vitamin C, biotin, zinc, copper, prebiotics, postbiotics	Hyaluronic acid, chondroitin sulfate	Antioxidants: hydroxytyrosol, pomegranate	Vitamin C, zinc, biotin, superfruits (goji, acerola berry), aloe vera, chamomile	Typically, none	None
Key Benefits	Anti-aging, skin elasticity, hydration, nails	Joint health, cartilage repair, hydration	Antioxidant + skin health	Skin hydration, elasticity, reduced wrinkles, antioxidant support	General wellness	Skin, hydration, nails
Gut Health Component	<b>Yes: Prebiotics and postbiotics</b>	No	No	Aloe vera and chamomile may support digestion	No	No
Daily Dosing	10 days per month	Daily	Daily	Daily	Daily	Daily
Target Benefits	Wrinkles, hydration, skin elasticity, <b>gut health</b> , nail health	Joint and cartilage health	Anti-aging, antioxidant, skin hydration	Skin health, anti-aging, antioxidant support	Skin and joint support	Skin and hair health

## Conclusion

Having worked with collagen supplements for decades, including my involvement with **Liquid BioCell**, I can confidently say that **Collagen Boozt** is the new gold standard for skin health. It's not only a beauty product but a wellness solution that addresses the vital connection between

gut health and skin health and overall health. For anyone looking to reduce wrinkles, improve skin elasticity, and support nail health, **Collagen Boozt is my top recommendation.**

Lastly, as I mentioned earlier, I am a partner with Zinzino and sell **Collagen Boozt**. I understand that some people may conclude that my endorsement is biased because I benefit financially when people purchase Collagen Boozt through me or my team. For this reason, I believe it's important to be fully transparent about my position.

For years, I endorsed **Liquid BioCell**, and at times, I sold it as well. However, long before that, I recommended it solely for its efficacy. Liquid BioCell is a great product, and I continue to respect it for what it offers. That said, today, I wholeheartedly endorse **Collagen Boozt** because I believe it is the superior choice.

This does not mean I no longer endorse Liquid BioCell, but between the two—and considering the reasons most of my clients choose to supplement with collagen—I recommend **Collagen Boozt** above all other options. In my opinion, for the **price, convenience, and efficacy, Collagen Boozt is KING!**

## Join My Team

I am on a mission to help people improve their health and live a life where they can reduce health risks, feel their best, and look great. There are two ways you can join **My Team**:

### 1. Become a Customer

As a customer, you'll benefit from exceptional products like **Collagen Boozt** and **BalanceOil+**, both of which I recommend wholeheartedly. **Collagen Boozt** supports skin health, elasticity, and overall beauty, while **BalanceOil+** promotes optimal cellular health for both children and adults. These products are designed to help you live a healthier, more vibrant life.

### 2. Become a Partner

The second way to join my team is to become a partner. As a partner, you'll join **Zinzino**, a company I'm proud to collaborate with. **Zinzino** is a direct sales company (also known as **multi-level marketing** or **network marketing**) based in Norway and publicly traded on the European stock exchange. With over 20 years in business, Zinzino is extremely transparent, and I've had the privilege of meeting the founder personally. I respect and appreciate the opportunity to represent their products and services, which bring real value to people's lives.

By becoming a partner, you'll work alongside me as part of my team, helping others improve their health while building a rewarding business.

## Let's Go!

Whether you're interested in becoming a **customer** or a **partner**, I'd love to welcome you to my team. Feel free to email me at **Robert@dietfreelife.com** to learn more about how you can get started on this journey.

## Frequent Questions After Reading This Article

After circulating this article to over one hundred people, three questions came up, and I have answered these questions with mini articles so that you have additional clarity on why it is wise to supplement with Collagen Boost. The following three questions are answered:

1. Can we get hyaluronic acid through food?
2. How does our body make Hyaluronic Acid?
3. If we didn't supplement with collagen and HA, how would we naturally get collagen Types I, II and III?

### Question: Can we get hyaluronic acid through food?

**Answer:** Yes, **hyaluronic acid (HA)** can be obtained through certain foods, although the amounts may not be as concentrated as what is provided in supplements. HA is a naturally occurring compound in the body that helps retain moisture in the skin, joints, and tissues. Here's how you can incorporate it through diet:

## Foods That Contain or Promote Hyaluronic Acid Production

1. **Animal-Based Sources**
  - **Bone Broth:** Rich in collagen and amino acids, which can promote HA production in the body.
  - **Organ Meats:** Chicken skin, connective tissues, and organ meats like liver contain small amounts of hyaluronic acid.
  - **Chicken Comb:** The crest of a chicken is one of the richest natural sources of HA and is sometimes used in supplements.
2. **Plant-Based Foods** While plants don't contain HA directly, some can boost the body's natural HA production:
  - **Sweet Potatoes:** Contain magnesium and vitamin C, which are involved in HA synthesis.
  - **Leafy Greens:** Spinach, kale, and swiss chard provide antioxidants that protect HA from breakdown.
3. **Soy-Based Foods**
  - **Soy Products:** Foods like tofu, edamame, and soy milk contain phytoestrogens, which may help increase HA production in the body.
4. **Starchy Root Vegetables**
  - **Potatoes and Root Veggies:** High in magnesium, a key nutrient for HA production.
5. **Citrus Fruits**

- **Oranges, Lemons, and Grapefruits:** Rich in vitamin C, which helps the body produce more HA and collagen.
- 6. **Nuts and Seeds**
  - **Magnesium-Rich Nuts:** Almonds, cashews, and seeds like pumpkin seeds contribute to HA synthesis.
- 7. **Fermented Foods**
  - **Miso, Kimchi, and Sauerkraut:** These contain probiotics that support gut health, which indirectly benefits HA production and retention.

## Challenges of Getting Enough HA Through Food

While these foods can contribute to HA levels, the body breaks HA down quickly, and the amounts in food may not be sufficient to achieve therapeutic or noticeable effects (e.g., for skin hydration or joint support). Supplements with **120 mg of HA or more per serving** are typically more effective in providing measurable benefits.

Yes, you can get hyaluronic acid through food, but the amounts are relatively small. Foods like bone broth, organ meats, soy, and citrus fruits can help support HA levels in the body. However, for targeted results—such as improved skin hydration or joint health—a quality supplement like **Collagen Boozt** with 120 mg of HA per serving is a more efficient option.

## Question: How does our body make Hyaluronic Acid?

**Answer:** Our body produces hyaluronic acid (HA) naturally through specialized cells called **fibroblasts** and **keratinocytes**, which are found in connective tissues, skin, and other areas. HA is synthesized as part of the **extracellular matrix**—the network of molecules that support and hydrate tissues like skin and cartilage.

## What Are Fibroblasts and How Do They Work?

Fibroblasts are the "**construction workers**" of your body's connective tissues. They are responsible for creating key building materials like **collagen**, **elastin**, and **hyaluronic acid**. Think of fibroblasts as workers in a factory:

- The **factory** is your connective tissue, such as your skin or joints.
- Fibroblasts are the **workers** assembling HA using raw materials (sugars like glucuronic acid and N-acetylglucosamine).
- The result is HA, which acts like a **sponge**, holding moisture to keep your skin hydrated and your joints cushioned.

Just like workers slow down with age, fibroblasts become less efficient as we get older, leading to reduced HA production. This decline contributes to wrinkles, dry skin, and joint discomfort.

## How Does the Body Synthesize Hyaluronic Acid?

1. **Role of Enzymes** Fibroblasts use enzymes called **hyaluronan synthases (HAS1, HAS2, HAS3)** to assemble HA. These enzymes take two key sugar molecules:



- **Glucuronic Acid:** A sugar derived from glucose metabolism.
- **N-Acetylglucosamine:** A compound also essential for HA production.

These sugars are combined in a repeating pattern to create long HA chains, which are then secreted into the extracellular matrix.

2. **Energy Requirement** The process requires energy from **adenosine triphosphate (ATP)**, the fuel your cells use to power biochemical reactions.
3. **Factors That Influence HA Production** Several factors affect the body's ability to produce HA:
  - **Age:** Fibroblast activity and HA production decline with age.
  - **Diet:** Nutrients like magnesium, zinc, and vitamin C support HA synthesis.
  - **Hormones:** Estrogen boosts HA production, which is why its decline during menopause can lead to drier skin and joints.
  - **External Stressors:** UV radiation, smoking, and pollution degrade HA and hinder production.
4. **Where Is HA Found?** HA is produced and concentrated in:
  - **Skin:** About 50% of the body's HA is found in the skin, helping it retain moisture.
  - **Joints:** HA lubricates and cushions cartilage, reducing friction during movement.
  - **Eyes:** It maintains the shape and moisture of the eyes, especially in the vitreous humor.

## Analogy for HA Production

Think of fibroblasts as **chefs in a kitchen**, where:

- The **kitchen** is your skin or connective tissue.
- The **ingredients** are glucuronic acid and N-acetylglucosamine.
- The **recipe** involves enzymes (hyaluronan synthases) combining the ingredients to make HA.
- The **final dish** is hyaluronic acid, which nourishes and hydrates your skin and joints.

As fibroblasts "age" or are exposed to stress, they slow down, making smaller batches of HA, which is why supplementation or supporting their work is so beneficial.

## How to Support HA Production

While the body naturally produces HA, here's how you can enhance and maintain its levels:

1. **Nutrition:** Include foods rich in magnesium (nuts, seeds), zinc (seafood, eggs), and vitamin C (citrus fruits, leafy greens) to support enzyme activity.
2. **Collagen and HA Supplements:** Products like **Collagen Boozt** provide HA directly and promote fibroblast activity to boost collagen and HA production.
3. **Hydration:** Staying well-hydrated ensures that HA retains moisture in your skin and tissues.

4. **Protect from UV Damage:** Using sunscreen can protect fibroblasts from damage that reduces HA production.

In summary, **fibroblasts are the key cells responsible for HA production**, assembling it from sugar molecules with the help of enzymes and energy. By supporting your fibroblasts with proper nutrition, supplementation, and skincare, you can maintain optimal HA levels for youthful skin and healthy joints.

### **Question: If we didn't supplement with collagen and HA, how would we naturally get collagen Types I, II and III?**

**Answer:** If we didn't supplement with collagen or hyaluronic acid (HA), we would need to rely on natural dietary sources and lifestyle factors to support the production of collagen Types I, II, and III in the body. Here's how you can naturally obtain these collagen types:

### **Type I Collagen (Skin, Bones, Tendons, Ligaments)**

#### **Natural Sources:**

1. **Animal Skins:** Eating chicken skin, fish skin, or pork skin provides natural collagen, predominantly Type I.
2. **Bone Broth:** Simmering animal bones and connective tissue (like chicken, beef, or fish bones) extracts Type I collagen along with amino acids that support skin and joint health.
3. **Egg Whites and Shell Membranes:** Egg membranes contain Type I collagen, as well as nutrients that promote collagen synthesis.

#### **Boosting Type I Collagen Production:**

- **Vitamin C:** Found in citrus fruits, strawberries, and bell peppers, vitamin C is essential for collagen synthesis.
- **Zinc:** Found in shellfish, pumpkin seeds, and nuts, zinc is a cofactor for enzymes involved in collagen production.

### **Type II Collagen (Cartilage and Joints)**

#### **Natural Sources:**

1. **Chicken Cartilage:** Commonly found in soups made from whole chicken, cartilage is rich in Type II collagen.
2. **Bone Broth (Cartilage-Rich Bones):** Slow cooking bones with cartilage, like knuckles or chicken feet, yields Type II collagen.
3. **Fish Cartilage:** Found in fish heads or other bony parts.

#### **Boosting Type II Collagen Production:**

- **Glucosamine and Chondroitin:** Naturally found in animal cartilage and seafood like shellfish, these compounds help maintain joint health and cartilage integrity.

- **Magnesium:** Present in leafy greens, nuts, and seeds, magnesium supports cartilage repair and collagen production.

## Type III Collagen (Skin, Muscles, Blood Vessels)

### Natural Sources:

1. **Organ Meats:** Liver, heart, and other organ meats are rich in Type III collagen and nutrients that support tissue repair.
2. **Bone Broth:** As with Type I, bone broth also contains Type III collagen, especially when made from connective tissues.
3. **Fish Skin:** Like with Type I, fish skin contains a mix of Types I and III collagen.

### Boosting Type III Collagen Production:

- **Proline and Glycine:** Found in foods like egg whites, soy, cabbage, and gelatin, these amino acids are critical for collagen production.
- **Copper:** Found in shellfish, nuts, seeds, and organ meats, copper helps form cross-links in collagen fibers, strengthening them.

## Other Ways to Naturally Support Collagen and HA Production

1. **Hyaluronic Acid-Rich Foods**
  - Bone broth, organ meats, and root vegetables like sweet potatoes contain nutrients that boost HA levels.
  - Soy-based foods (tofu, soy milk) contain phytoestrogens, which promote HA and collagen production.
2. **Lifestyle Factors**
  - **Hydration:** Drink plenty of water to maintain HA's ability to retain moisture in the skin and joints.
  - **Sunscreen Use:** Protecting your skin from UV rays prevents collagen breakdown.
  - **Exercise:** Resistance training promotes collagen synthesis and improves skin elasticity.
3. **Antioxidant-Rich Foods**
  - Berries, leafy greens, and other colorful fruits and vegetables protect collagen from free radical damage.

## Challenges Without Supplementation

While a balanced diet can provide the raw materials for collagen and HA synthesis, the amounts may not be sufficient to counteract the natural decline in production with age:

- Collagen production slows by about 1% per year starting in your mid-20s, leading to visible signs of aging by your 40s and 50s.
- Modern diets often lack enough organ meats, cartilage, or skin-on animal products to meet collagen needs.

## Conclusion

Without supplementation, you would rely on collagen-rich foods like bone broth, organ meats, fish skin, and chicken cartilage, combined with nutrient-rich fruits, vegetables, and seeds, to naturally support the production of Types I, II, and III collagen. However, due to the decline in collagen synthesis with age and the challenge of getting enough from food alone, supplementation can significantly enhance collagen levels and their associated benefits.

## References

1. **Borumand, M., & Sibilla, S. (2015).** "The effect of oral collagen peptide supplementation on skin hydration and elasticity." *Clinical Interventions in Aging*. Retrieved from [NIH](#).
2. **Hexsel, D., et al. (2017).** "Oral supplementation with specific bioactive collagen peptides improves nail growth and reduces symptoms of brittle nails." *Journal of Cosmetic Dermatology*. Retrieved from [Wiley Online Library](#).
3. **Proksch, E., et al. (2014).** "Oral supplementation of specific collagen peptides has beneficial effects on human skin physiology: A double-blind, placebo-controlled study." *Skin Pharmacology and Physiology*. Retrieved from [NIH](#).
4. **Oesser, S., et al. (1999).** "Oral administration of <sup>14</sup>C labeled gelatin hydrolysate leads to an accumulation of radioactivity in cartilage of mice (C57/BL)." *Journal of Nutrition*. Retrieved from [PubMed](#).
5. **Irawati, W., et al. (2018).** "Potential of chicken feet collagen as an alternative source of type II collagen." *International Journal of Pharmaceutical Sciences Review and Research*.
6. **Fang, H., et al. (2017).** "Role of proline and hydroxyproline in collagen synthesis and functionalization." *Frontiers in Bioscience*. Retrieved from Frontiers.
7. **Necas, J., et al. (2008).** "Hyaluronic acid (hyaluronan): A review." *Veterinary Medicine*. Retrieved from [NIH](#).
8. **Steinert, R. E., et al. (2016).** "The effect of collagen peptides on collagen fibril diameter and cross-link density in connective tissue." *PLoS One*.
9. **Zague, V. (2008).** "A new view concerning the effects of collagen hydrolysate intake on skin properties." *Archives of Dermatological Research*. Retrieved from [Springer](#).
10. **Papakonstantinou, E., et al. (2012).** "Hyaluronic acid: A key molecule in skin aging." *Dermatoendocrinology*. Retrieved from [PubMed](#).
11. **Cleveland Clinic. (2021).** "Foods that naturally support hyaluronic acid production." Retrieved from Cleveland Clinic.
12. **BioCell Technology. (n.d.).** "BioCell Collagen®: The Science of Healthy Joints and Skin." Retrieved from [BioCell Technology](#).
13. **Zinzino. (n.d.).** "Collagen Boost Product Information." Retrieved from [Zinzino](#).
14. **Modere. (n.d.).** "Liquid BioCell: Clinical studies and product details." Retrieved from [Modere](#).
15. **NOW Foods. (n.d.).** "BioCell Collagen Capsules." Retrieved from NOW Foods.
16. **Collagen Network. (n.d.).** "The Power of Hyaluronic Acid and How It Helps Build Collagen." Retrieved from Collagen Network.
17. **Oliveda. (n.d.).** "I66 The Beauty Fountain." Retrieved from [Olive Tree People](#).

---

Robert Ferguson is a California- and Florida-based single father of two daughters, nutritionist, researcher, best-selling author, speaker, podcast and television host, health advisor, NAACP Image Award Nominee, creator of the Diet Free Life methodology, Chief Nutrition Officer for iCoura Health, and he serves on the Presidential Task Force on Obesity for the National Medical Association. You can e-mail Robert at [robert@dietfreelife.com](mailto:robert@dietfreelife.com).