How Collagen Supplements Really Work

By Robert Ferguson

When it comes to collagen, most people assume that taking it daily is the key to seeing results — but what if that's not entirely true?

As someone who's been deeply immersed in the science of nutrition and supplementation for over 30 years, I've seen firsthand how certain products can be overused, misunderstood, and under-optimized. And collagen is one of them.

Let's break down what collagen does in the body, and why **less may actually be more** when it comes to long-term effectiveness.

How Collagen Supplements Really Work

Most people think that when they take collagen, they're just "putting collagen back" into their body. But that's not how it works.

There are **different types of collagen**, each with a unique role in your body. The three most common types found in supplements are:

- **Type I** – Found in skin, bones, tendons, and ligaments. It's the most abundant type of collagen in the body and is essential for skin elasticity, bone strength, and wound healing.
  Common sources: *Marine collagen* (from fish skin and scales) and *bovine collagen* (from cow-hide and bones). Marine collagen is especially rich in **Type I**, and may also contain **Type III** depending on the extraction method. Collagen BOOZT, which you will learn about in this article has both Type I and III.
- **Type II** – Primarily found in cartilage and the connective tissue in joints. It helps maintain joint flexibility, cushioning, and mobility.
  Common source: *Chicken sternum cartilage*.
- **Type III** – Often found alongside Type I in skin, blood vessels, and internal organs. It supports the structure of soft tissues and contributes to skin firmness and vascular health.
  Common source: *Bovine collagen*, typically included alongside Type I in multi-type formulas. Marine collagen may contain Type III in smaller amounts.

Regardless of the source or type, once consumed, these collagens are broken down into **collagen peptides** — also known as **hydrolyzed peptides**, which are short chains of amino acids.

These peptides are processed into **small molecular fragments** (measured in **Daltons or Da**) to enhance absorption. For context, **Collagen BOOZT contains hydrolyzed peptides with an average molecular weight of just 3,000 Da**, which is considered ideal for optimal **bioavailability** and **tissue-level effectiveness**.

These peptides **don't become collagen directly**. Instead, they serve as **signals**, stimulating **fibroblast cells** — the body's collagen-producing factories — to **make more of your own natural collagen**.

Think of collagen peptides as **text messages** sent to your body's collagen-building team. They don't do the building — they just say, "Hey, it's time to build!"

How to Tell If Your Collagen Is High Quality

Many consumers don't realize that **not all collagen supplements are created equal**. One of the most important factors in collagen effectiveness is **molecular weight**, measured in **Daltons (Da)**.

Here's why it matters:

- **Smaller peptides = better absorption.** Collagen peptides under 5,000 Da are more bioavailable and can be absorbed directly into the bloodstream.
- **Larger peptides (or non-hydrolyzed collagen)** are harder to absorb and may pass through the digestive system with little benefit.

How can you tell?

- Look for brands that disclose molecular weight (e.g., "average 3,000 Da").
- Seek products that are clinically studied or supported by third-party testing.
- Reach out to the company and ask directly.

Collagen BOOZT stands out because it uses **fully hydrolyzed collagen peptides with an average weight of just 3,000 Daltons** — making it one of the most absorbable and effective options available.

Collagen Can't Work Without Key Nutrients

Let's say you buy a collagen product, thinking it's a good one. But what most people don't realize is that—even with high-quality collagen peptides—your body can't do much with them unless the right nutritional co-factors are present, which would include the following:

- **Vitamin C** – Activates the enzymes needed to form and stabilize collagen.
- **Zinc** – Supports enzymes involved in collagen synthesis and tissue repair.
- **Copper** – Plays a role in cross-linking collagen fibers for strength and elasticity.
- **Amino Acids** – Especially **glycine**, **proline**, and **hydroxyproline**, which are the core building blocks of collagen.

Without these nutrients, it's like delivering construction materials to a job site — but with no workers or tools to build anything.

Hyaluronic Acid (HA) – The Game-Changer

One of the most overlooked — but critical — ingredients in collagen supplements is **hyaluronic acid (HA)**. And here's why it matters:

- **Hydration + Elasticity**: HA holds up to 1,000 times its weight in water, which helps keep tissues hydrated, elastic, and plump.
- **Fibroblast Activation**: HA creates the ideal environment for fibroblasts to thrive, leading to greater collagen synthesis.
- **Synergistic Effects**: HA works alongside collagen peptides to support the production of collagen and elastin.
- **Reduces Breakdown**: HA helps protect existing collagen by reducing inflammation and oxidative stress.

Does Consuming HA Help You Make More?

Yes! Research shows that **low molecular weight HA** (like the kind in Collagen BOOZT) can be absorbed and may **stimulate your body's own HA production** by signaling fibroblasts and keratinocytes.

This means HA doesn't just hydrate your tissues — it supports a feedback loop that can **enhance both collagen and HA synthesis** naturally.

Do You Really Need to Take Collagen Daily?

Once your fibroblasts are activated, **collagen production can remain elevated for 3 weeks to 2 months**. Taking collagen, every single day may not be necessary — and could even reduce responsiveness over time.

This is similar to other compounds like **chondroitin sulfate**, which loses effectiveness with continuous use, but works well again when reintroduced.

And this isn't just true for supplements. Think of **testosterone replacement therapy (TRT)**:

- Constant exposure to testosterone can cause the body to **downregulate its own production**.
- That's why many medical experts recommend **cycling on and off** to maintain effectiveness and avoid dependence.

Collagen may work the same way. Continuous use could lead to **diminished responsiveness**. But with smart cycling, your body stays responsive and engaged.

The Smarter Approach: Collagen Cycling

That's why I'm a huge fan of **collagen cycling** — taking collagen in a way that respects your body's natural rhythm.

Collagen BOOZT follows a smart protocol:

- Take it for **10 days per month**, then **take 20 days off**.
- This pattern **activates fibroblasts**, then **gives them time to reset**.

It's just like strength training: you don't train the same muscle every day. You stimulate, rest, and grow stronger.

Final Thoughts: Smarter, Not More

Collagen supplements are powerful — but only when used with intention.

Collagen BOOZT is more than just a supplement. It's a science-backed formula that combines:

- **Hydrolyzed collagen peptides** (<3,000 Da)
- **Hyaluronic acid** (low molecular weight)
- **Smart cycling protocol**

If you're ready to stop wasting money on collagen that your body may not even absorb, it's time to upgrade.

Take collagen smarter — not harder.

If you'd like to learn more or try the Collagen BOOZT, contact the person who shared this article with you. You can also email any questions you have to Robert@dietfreelife.com. You can also click here to get learn more and get your Collagen BOOZT.

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