

Benefit of Bovine or Marine Collagen Vs. Placebo on Skin, Hair, Nails and Whole Body Health in Healthy Adults

NCT06603194

Status	RECRUITING
Phase	Not Applicable
Sponsor	Ancient + Brave
Enrollment	90 participants

Key Eligibility Criteria

Inclusion (2)

- Females aged 35-55 years. Participants must be comfortable with bovine or marine collagen (non-vegan/vegetarian).
- Must provide informed consent and be willing to comply with study requirements.

Exclusion (6)

- Pregnant or breastfeeding women. History of chronic skin conditions (e.g., eczema, psoriasis) that might interfere with study outcomes.
- Any active skin infections or severe acne. Currently taking collagen supplements or have taken them within the last 6 months.
- Use of medications or topical agents that can affect skin, hair, nails, or gastrointestinal health (e.g., corticosteroids, retinoids).
- Excessive alcohol consumption or current smokers. Regular use of sunbeds. Recent cosmetic procedures (e.g., Botox, fillers, chemical peels, laser treatments) on skin, hair, or nails within the last 3 months.
- Any condition or situation that, in the opinion of the investigator, may interfere with the participant's ability to comply with the study requirements or give informed consent.

... and 1 more (see full listing online)

Locations (1 total)

Princeton Consumer Research, 8 Richmond Road, Dukes Park, Chelmsford, Essex, United Kingdom