

Mayo Clinic Minute: Can collagen supplements help with aging?

Video	Audio
Dawn Davis, M.D. Dermatology Mayo Clinic	Scroll through social media, and you're bound to see ads and videos promoting the benefits of collagen. Many products claim that they can reduce the signs of aging by getting rid of wrinkles and saggy skin.
	"Collagen is a protein in the deeper layers of the skin, which help(s) give it volume."
	Dr. Dawn Davis says that, as we age, collagen production decreases, and many people turn to collagen supplements. But do they work?
	"At this time, we do not have any strong evidence that any over-the-counter oral or a topical collagen supplement is good for anti-aging."
	Topical collagen can be challenging for the skin to absorb because of its chemical structure. Dr. Davis suggests making simple lifestyle changes to increase collagen.
	"The best thing that you can do for your collagen and elastin for anti-aging is to limit alcohol intake, avoid smoking or secondhand smoke exposure, and wear your sunscreen."
	For the Mayo Clinic News Network, I'm Sonya Goins.