Collagen, particularly Types 1 and 3 collagen, is the major structural protein present in human skin. It plays a role of support and provides structure to the skin. Clinical signs of dermal atrophy and skin aging are associated with a reduction and disorganization of collagen. Consequently, it appears crucial to reduce, maintain or regenerate collagen in the tissue to delay the signs of skin aging.

Some clinical trial investigations reported that oral supplementation with collagen peptides can modulate skin function. Collagen peptides may improve skin firmness, reduce wrinkle appearance.

It has also been clinically demonstrated that silicon has similar beneficial effects on skin collagen. Indeed, silicon (Si) has been described as having an important function in the formation and maintenance of connective tissue. It is involved in collagen synthesis and there is increasing evidence to suggest that it may be important for the normal health of bone and the connective tissues.

Therefore, it appears interesting to associate in a nutritional supplement a source of collagen peptides with a source of bioavailable silicon. Otherwise, up to now, no placebo controlled trials have investigated low dose collagen peptide effects (2.5g/day) and in particular concerning type I fish collagen peptides such as Naticol® associated with silicon. Daily doses used are frequently between 5 to 10g collagen peptides. They don’t allow industrials to match the growing demands and emerging expectations from the consumers for the development of gummies containing collagen peptides. Indeed, this type of formulation cannot incorporate high doses of collagen peptides (no more than 0.5 – 0.8g). This limit is acceptable because the gummies are usually taken several times a day and then cumulated high dose can be avoided.

Weishardt last clinical study results about skin aging

In this paper, we introduce Weishardt last clinical results about effects of Naticol®, specific fish collagen peptides, at low dose and in association or not with silicon (under the form choline stabilized orthosilicic acid).

This study was conducted in accordance
with the ethical principles originating from the Declaration of Helsinki and its amendments. It was carried out as a monocentric, double-blind, randomized, placebo-controlled supplementation study on the effects of low dose fish collagen peptides, Naticol® (2.5g/CP/dl) combined or not with silicon on the aging signs of 57 mature women after 12 weeks of daily intake.

Wehrardt results corroborated those of a previous study performed to assess the anti-aging potential of three fish collagen type I peptides (Naticol®, 5g/dl) during 8 weeks on skin aging signs in sixty mature women aged 45-69 years. In this study, at Week 8, compared to placebo, a significant improvement of skin firmness and elasticity and a significant decrease of face wrinkle score were observed for the three collagen peptides, Naticol®, at 5g/day.

In this last study (2.5g Naticol®/day), significant results concerning increased elasticity and firmness were observed after 8 and 12 weeks for both collagen peptide groups and not for the Placebo group. Skin thickness was significantly increased at Week 8 and Week 12 for the collagen peptide group compared to placebo. A significant increase of skin lightness (ΔL*) was observed at Week 12 on the face for the Naticol®/SI group. Significant clinical improvements were also observed on the face for both Naticol® and Naticol®/SI.

This last study from Wehrardt showed that oral supplement containing low dose specific collagen peptides, Naticol®, combined or not with silicon appear to have some interesting effects on skin qualities.

References:

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First dietary fiber verified natural according to ISO

Major chicory root processor Sensus announced today that their full range of chicory inulin and oligofructose products qualifies as natural according to the new ISO 19657:2017 standard. About a year after ISO set a new standard for food ingredients to be called ‘natural’, chicory root fiber is the first dietary fiber to achieve this verification.

The root of the chicory plant is the natural source of the inulin and oligofructose ingredients that Sensus produces. “We are extremely pleased that we can now really call our chicory inulin natural according to the very latest and strict ISO standard,” explains Sensus Scientific and Regular Affairs Leader, Dr. Elaine Vaughan. “There are many fibers available in the market and this qualification distinguishes chicory inulin from fibers that you cannot find in nature.”

‘Occurring in nature’ is exactly the focus of ISO when determining the ‘naturalness’ of an ingredient. In fact, inulin has been part of our daily diet historically and there are over 36,000 plants in the world that contain inulin fiber, like banana, wheat and garlic. The inulin is extracted with hot water from chicory roots, which contain a high level of inulin. The inulin fiber delivered to the customer is the same as you can find it within the chicory root.

To become verified as natural, an ingredient must occur in nature. For this reason, not many other dietary fibers will qualify for this verification, simply because they do not occur in nature. Although some producers will claim that their fibers are from ‘natural origin’, you will not find these fibers in nature. Chicory root fiber is today the only dietary fiber that is verified as natural according to ISO.

After the recent FDA approval of dietary fiber status of chicory inulin and inulin-fructose in the new food labeling regulations, this standard will help our customers to make the right choices, using the right dietary fiber when they want to use only authentic and natural ingredients in their products. It is another step forward in going back to nature!

For more information about the natural verification and using chicory root fiber to produce healthy and tasty food products, feel free to contact our Product Manager Mrs. Anne Marie Bastiaansen (+31 165582595, info@sensus.nl). Also visit our website www.inspiredbyinulin.com.