

NUTRICOSMETICI DAL MONDO MARINO IL COLLAGENE “BLU”

SONJA BELLOMI

Fondazione ITS Biotecnologie e Nuove Scienze della Vita Piemonte | Italia

RIFERIMENTI BIBLIOGRAFICI

1. J Cosmet Dermatol. 2018 Feb;17(1):20-26.
Collagen: A review on its sources and potential cosmetic applications
María Isabela Avila Rodríguez, Laura G Rodríguez Barroso, Mirna Lorena Sánchez
<https://pubmed.ncbi.nlm.nih.gov/29144022/>
2. Journal of Applied Pharmaceutical Science Vol. 5 (03), pp. 123-127, March, 2015
Collagen: Animal Sources and Biomedical Application
K. S. Silvipriya, K. Krishna Kumar, A. R. Bhat, B. Dinesh Kumar, Anish John, Panayappan Lakshmanan
https://japsonline.com/admin/php/uploads/1466_pdf.pdf
3. J Cosmet Dermatol. 2021 Mar;20(3):825-834.
A randomized, triple-blind, placebo-controlled, parallel study to evaluate the efficacy of a freshwater marine collagen on skin wrinkles and elasticity
Malkanthi Evans, Erin D Lewis, Nisrine Zakaria, Tetyana Pelipyagina, Najla Guthrie
<https://pubmed.ncbi.nlm.nih.gov/32799362/>
4. Nutrients. 2018 Jun 26;10(7):826.
Oral Intake of Low-Molecular-Weight Collagen Peptide Improves Hydration, Elasticity, and Wrinkling in Human Skin: A Randomized, Double-Blind, Placebo-Controlled Study
Do-Un Kim, Hee-Chul Chung, Jia Choi, Yasuo Sakai, Boo-Yong Lee
<https://pubmed.ncbi.nlm.nih.gov/29949889/>
5. Nutr Res. 2018 Sep;57:97-108.
Daily oral supplementation with collagen peptides combined with vitamins and other bioactive compounds improves skin elasticity and has a beneficial effect on joint and general wellbeing
Anna Czajka, Ewa M Kania, Licia Genovese, Andrea Corbo, Giovanni Merone, Cecilia Luci, Sara Sibilla
<https://pubmed.ncbi.nlm.nih.gov/30122200/>
6. The Open Nutraceuticals Journal, 2015, 8: 29-42
An Overview of the Beneficial Effects of Hydrolysed Collagen as a Nutraceutical on Skin Properties: Scientific Background and Clinical Studies
Sara Sibilla, Martin Godfrey, Sarah Brewer, Anil Budh-Raja, Licia Genovese
<https://benthamopen.com/ABSTRACT/TONUTRAJ-8-29>
7. J Agric Food Chem. 2010 Jan 27;58(2):835-41.
Absorption and effectiveness of orally administered low molecular weight collagen hydrolysate in rats
Mari Watanabe-Kamiyama et al.
<https://pubmed.ncbi.nlm.nih.gov/19957932/>

8. Exp Ther Med. 2020 Jul;20(1):12-17.
Beneficial effects of food supplements based on hydrolyzed collagen for skin care (Review)
Mihaela-Adi Lupu, Gratiela Gradisteanu Pircalabioru, Mariana-Carmen Chifiriuc, Radu
Albulescu, Cristiana Tanase
<https://pubmed.ncbi.nlm.nih.gov/32508986/>
9. Int J Dermatol. 2021 Dec;60(12):1449-1461.
Effects of hydrolyzed collagen supplementation on skin aging: a systematic review and meta-
analysis
Roseane B de Miranda, Patrícia Weimer, Rochele C Rossi
<https://pubmed.ncbi.nlm.nih.gov/33742704/>