

What is Collagen? New Studies Show its Many Health Boosts

Using nutritional supplements that support and enhance collagen can provide major health and beauty benefits

April 28, 2015 (FPRC) -- Collagen is a type of protein abundantly found in the body. It forms the basic building blocks of joints and bones and is also found in nails, hair, and skin – giving them their natural suppleness and helping with growth.

Collagen benefits the body greatly and production continues regularly until around the age of 40 and then declines. Smoking, high sugar intake and excess sunlight can reduce collagen. Using nutritional supplements that support and enhance collagen can provide major health and beauty benefits.

MSM, or natural organic sulfur, also declines with age and is known to build and support collagen in tissues – helping with joint stiffness and pain, hair growth, stronger nails and increased energy.

A study titled 'Increased Hair Growth, Nail Length and Nail Thickness' by Ronald M. Lawrence, M.D., Ph.D. was published in Total Health Magazine. Dr. Lawrence says: 'We completed a placebo-controlled trial over the course of six weeks showing that 100 percent of the subjects on MSM had increased hair growth, compared to the group on placebo. In addition, 30 percent of the subjects on MSM showed improvement in hair brilliance.'

Dr. Lawrence continues: 'A second trial, conducted simultaneously, showed that 50 percent of the subjects on MSM showed increased nail length and nail thickness growth compared to the group on placebo.'

Arthritis sufferers can also benefit from MSM. A study titled 'Efficacy of MSM in osteoarthritis pain of the knee' was done at Southwest College of Naturopathic Medicine & Health Sciences in Tempe, AZ. Participants received 3,000 mg. twice daily of either placebo or MSM for 12 weeks.

Compared to placebo, those taking MSM for arthritis had statistically significant reductions in pain and increased ability in performing activities of daily living. Important improvements in markers of stress and cardiovascular health were also observed.

This health news is provided by Nutrition Breakthroughs. Since 2001 Nutrition Breakthroughs has provided natural health articles and effective natural remedies. Their mission is to provide nutritional supplements that get results and help people to avoid drugs and their side effects.

Nutrition Breakthroughs makes Joints and More with natural MSM – the effective solution for joint relief, allergies, stronger hair and nails and more energy.

Contact Information

For more information contact Jobee Knight of Nutrition Breakthroughs
(<http://www.NutritionBreakthroughs.com>)

1-818-913-4308

Keywords

[collagen benefits](#)

[msm for arthritis](#)

[hair growth](#)

You can read this press release online [here](#)