

Clinical-dermatological study - BDF Naturlagen®

BDF Naturlagen® is one step ahead when it comes to marine-sourced, hydrolysed collagen powder. This entirely natural supplement is made from the skins of wild-caught, deep-sea marine fish. Our ground-breaking product is made in our state-of-the-art plant using the latest technology. BDF Naturlagen® has quickly become one of the main references for collagen products on the international market.

Marine collagen has numerous benefits that span three interconnected lifestyle areas: health, sports, and beauty. With respect to its beneficial effects on health and beauty, BDF is now releasing the latest clinical study on BDF Naturlagen® which was undertaken at the Dermatost Laboratories, a leading German research organisation.

The human skin is the largest, and functionally speaking, the most versatile human organ. It separates the inner workings of the body from the outside world and protects it from dehydration and harmful environmental factors. Healthy skin is not only important with respect to beauty and having a youthful appearance, it is also a key aspect in personal well-being.

Collagen is an essential scaffold protein that provides smoothness and suppleness to the skin. However the body's natural production of this substance declines as we age. From early adulthood, collagen production declines by about 1.0% to 1.5% every year.

The aim of this research initiative was to test the benefits of BDF Naturlagen® with regard to its tolerability and efficacy, using clinical-dermatological criteria as a test basis.

The Trials

The test was performed with 20 healthy women aged between 40 and 65.

The product was taken orally once a day in a 5 g dose over 12 weeks. Test subjects were instructed not to use any similar products during the period of study.

Measurement of Skin moisture

Skin moisture levels in the upper layer of the skin (the stratum corneum) can be determined by quantifying capacitance. Analyses were made using the Corneometer® CM 825. The skin moisture levels of all the subjects were analysed before starting the consumption of Naturlagen as well as after 6 and 12 weeks.

Measurement of Individual Wrinkle Depth

Over time, permanent wrinkles develop around the eyes in every human being. Wrinkle depth was determined using the optical 3D in-vivo skin measurement PRIMOS (Phase-shift Rapid In vivo Measurement Of Skin). The depth of 5 selected strip profiles were analysed before the consumption of Naturlagen and after 12 weeks of consumption.

Results

This clinical study shows the effectiveness of BDF Naturlagen®. The test product was taken orally during a period of 12 weeks by 20 subjects once a day (5 g):

- + Determination of the skin moisture carried out under clinical-dermatological control showed improvement of skin moisture by 74.53% after six weeks and by 115.90% after 12 weeks.
- + Determination of the individual wrinkle depth carried out in 5 out of 20 subjects under clinical-dermatological control showed improvement of individual wrinkle depth by 23.57% after 12 weeks.

Results

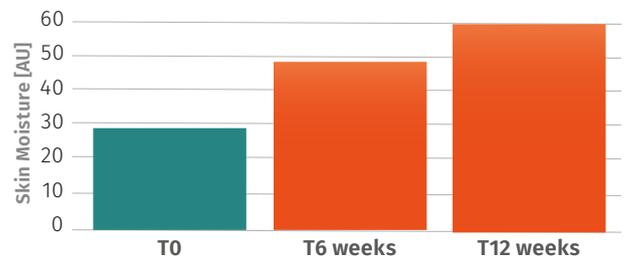
Skin Tolerability

No relevant reactions in the test were observed from a clinical-dermatological perspective; the product had very high tolerance levels. No reactions of intolerance that suggested irritation or allergic reactions were detected.

Efficacy

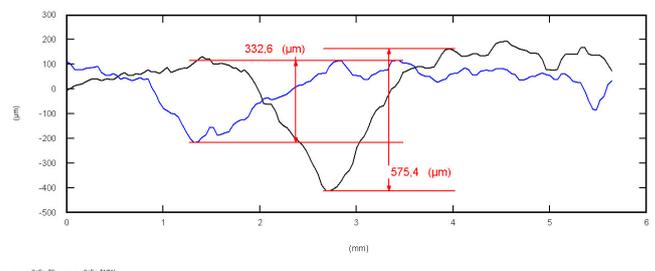
Facial Skin Moisture Results

Results showed an improvement of facial skin moisture by 74.53 % after 6 weeks and 115.90 % after 12 weeks.



Wrinkle Depth Results

An improvement of individual wrinkle depth of 23.57 % was shown in the test area.



Wrinkle Depth Pictures



GeEV_T0 weeks

GeEV_T12 weeks