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Home Hair Hair ProductsIf youve done the most basic research on hair development and tried them, you might have heard about biotin, a vitamin B that helps metabolism, helps in the growth of hair, skin, and nails, and also has many benefits for healthy hair.Collagens For Healthy Hair GrowthThe most prevalent protein in your body, collagen, contributes to the formation of your skin, tendons, and ligaments, mostly found in foods and supplements such as bone broth. As a result, it might provide several health advantages, such as solid and thick, healthy hair.If you want to improve your fine to thick and strong hair, here are some of the best collagens that will help you regain your thick and healthy hair.Bio- ingredients used, such as grass-fed, naturalized raised bovineEssential hyaluronic acid and vitamin C improves hair volumeQuickly digests and dissolves in hot and cold liquidsPaleo-friendly add-on of collagen peptides thats healthy and nutritious.What we dont like:The Collagen drink is mixed with sugar crystals as it is flavourless and odourless, which gives it a raw taste.[Read: How to Strengthen Hair Naturally]Companion of daily routine smoothiePowerful superfoods support the healthy growth of hairFree from gluten and dairy productsIt is clinically proven to promote scalp nourishment and stimulate root hair.What we dont like:Clumps appear even after excessive stirring, and the undissolved collagen floats on top.[Read: 10 Best Foods for Hair Growth]Repairs dry and damaged hair which strengthens the strandsColour-safe mask with no parabens and sulphatesImproves the wellness of curly and thin hairIt is in the texture of cream to apply on hair but not in the form of a drink.What we dont like:Value for money is the least prioritized.[Read: 5 Best Homemade Hair Masks For Hair Growth, Thickness]Buy On AmazonReplenish hair that offers nourished frizzesPremium ingredients used that are grass-fed and pasteurized raiseFree from peanut, shellfish, and soy for giving out the best resultsEasy to blend and drink and usually served with coconut cream for better taste.What we dont like:First, the expected quantity of the collagen powder needs to be sorted.[Read: Home Remedies For Frizzy Hair]Formulated in the form of tabletsCollagen is enzymatically treated and provides amino acids and keratin to support hair growth.It is keto-certified, and IGEN non-GMO tested to improve hair quality.Free from lactose, starch, and artificial flavoursWhat we dont like:As the capsule is significant, it might be challenging to swallow it daily.[Read: Does Damaged Hair Grow Back Healthy]The natural production of collagen is with co-nutrients such as silica and bamboo.Restores keratin and elastin, which are crucial for healthy hairVegan friendly that are real to the rootNutritious supplement that sustains inside out of the scalp that rejuvenates hair rootsWhat we dont like:As its organic pill takes a long time to dissolve, have patience for better results.[Read:7 Best Drugstore Shampoos For Keratin Treated Hair]Great with coffee and drinks that add your favourite flavour to itKeto-friendly mix for improving hairDissolves conveniently with hot and cold waterHighly qualified ingredients are used and tested for positive results of healthy hair.What we dont like:The Collagen is flavour, so it needs some extra sweeteners for better taste.[Read: 16 Effective Tips For Healthy Hair]The best collagen for hair growth comes from animal sources, as animal collagen contains natural keratin and collagen. These ingredients help create a stronger hair shaft and give the hair more volume. In addition, the collagen has been tested for safety and effectiveness. Therefore, its essential to ensure that collagen is free of harmful ingredients.You Might Also Like: Its not groundbreaking news that collagen is necessary for radiant, healthy, plump skin, but did you know that it also plays a factor in our hair health? And unfortunately, once we reach our 30s, our natural collagen levels start depleting more drastically, which can lead to changes in our skin and hair. The good news is that there are ways to supplement that lost collagen for stronger, thicker hair, that may even promote hair growthour our favorite is liquid collagen (youll see why below). Here, we get into everything there is to know about collagen and hair, according to the pros. What is collagen, and why does it matter for hair?Before we get into its uses for hair loss, let us briefly go over what collagen is. Collagen is a naturally-made protein that supports many functions in our body, including healthy hair and skin. It makes our hair stronger and more supported and helps keep our follicles intact. However, our bodies natural collagen production depletes with age.Collagen is rich in amino acids essential for the production of keratin, a key structural protein in hair, explains Christina Han, MD, a board-certified dermatologist and Medical Director at XYON Health. Keratin is another key component that helps our hair stay strong, shiny and healthy.While collagen is certainly important for our hairs health, its important to note that the protein alone wont lead to a healthy head of hair. A diet rich in vitamins and minerals, particularly biotin, zinc and vitamins C and E, can also enhance hair health and reduce oxidative stress, which helps hair grow thicker and stronger, says Dr. Han. Essentially there isnt one specific nutrient that is the magic bullet but the overall recommendation of a full and balanced diet goes a long way when it comes to a healthy foundation for hair growth. Collagen for hair loss: Does it actually work?Suriyawut Suriya/GettyIf youre struggling with hair loss or hair thinning, supplementing your natural collagen with collagen supplements, liquid collagen or other forms of the protein could potentially help. But doctors arent convinced that lower collagen levels specifically cause hair loss.There is some medical evidence that supplementation of collagen can be beneficial to hair, however, does a decline in collagen lead to hair loss? This question is not fully validated yet, affirms Dr Han. What we do know is that limiting overall protein intake can lead to hair loss. Whether this is specific to collagen alone is not known. More likely is the fact that protein in general is needed to help sustain and grow hair. This makes sense because our hair is made of keratin, which is a protein.However, thats not to say that collagen cant help your hair. While it likely isnt the end-all-be-all solution to hair regrowth, it can be a hair growth aid. When it comes to hair, there is some evidence that supplementation of collagen peptides may prevent hair loss by prolonging the growth phase of the hair cycle and maintaining the stem cells within the follicle. Dr. Han tells us. Why liquid collagen may be the best option for hair growthAs mentioned previously, when it comes to increasing hair growth, collagen provides essential amino acids that are needed as building blocks for hair and also helps to strengthen strands. Think of collagen like a stake for a tent that is firmly holding it in place, explains Roger Kapoor, MD, dermatologist and Vice President of Beloit Memorial Hospital in Wisconsin. Collagen literally helps anchor hair strands in the scalp.Dr. Kapoor advises his patients to strongly consider liquid collagen because it is broken down into small proteins called peptides, unlike powdered collagen. When it comes to comparing liquid to powdered collagen, visualize those bite-sized candy bars versus full-sized barsThe mini ones are easier to eat and digest, says Dr. Kapoor. In liquid collagen, these bite-sized peptides are more easily absorbed by the body, unlike powdered or full-sized collagen. For a liquid collagen to try, look to Maana Liposomal Collagen Peptides Liquid. It contains quality collagen peptides from grass-fed cows, as well as hyaluronic acid and vitamin E, both of which help boost hydration, improving hair health.Can collagen help with hair loss from thyroid conditions?If youre familiar with thyroid conditions, you likely are already aware that thyroid disease commonly causes hair loss. Does liquid collagen really help boost hair growth for women with thyroid issues? Yes, says Dr. Kapoor. Hair is like the bodys visible thermometer and can pick up on subtle shifts in our internal health. He notes that this is how hair loss and Hashimotos can go hand-in-hand. And as discussed, liquid collagen may help keep those strands in place and minimize hair loss, which can be extremely helpful for those with thyroid conditions. As a final note, the most important thing for any woman interested in using liquid collagen for hair loss is to be sure to take it consistently. But further, you need patience! As important as it is to be consistent, its also important to be patient, stresses Dr. Kapoor. Patience is key, as is remembering that hair only grows about a half an inch a month. So stick with it to see results. If hair is your concern, lean into products that include multiple ingredients that support healthy hair like collagen, biotin, folic acid, zinc, and vitamins A, C, D which all help support, protect, and improve the health of your hair and scalp, says Dr. Saedi. Were huge fans of both Nutrafol and Viviscal because theyre basically a cocktail of skin and hair-loving ingredients (and testers noticed the most growth with these overall). Determine your preferred collagen source.FYI: Collagen often comes from either cows or fish, making it an animal byproduct and not vegan. So if you are vegan, youll definitely need to opt for a vegan collagen, like Grande Cosmetics Grande Gummies. Consider the method.Collagen supplements come in many forms, and finding one you love is key for making it a regular part of your routine. Some might prefer a powder, like Vital Proteins, where they can easily scoop it right into your coffee in the morning. Or if you already have a vitamin regimen, adding in another pill (we love Hum) might be easy for you. Our reviewers are also big fans of gummies, like Oily, which taste great and encourage them to keep up with their routine. Are you noticing more hair in your brush lately? Maybe your once-thick locks are looking a bit thinner, or perhaps your hair just doesnt have the shine and bounce it used to if youre wondering which collagen is best for hair growth and strength, youre asking the right question at the right time. Collagen supplements have become a go-to solution for many looking to improve their hair health from the inside out. But with so many options on the market, how do you know which one will actually deliver results? In this guide, Ill walk you through everything you need to know about collagen for hair growth from the science behind how it works to the specific types that deliver the best results. Youll discover why multi-source collagens outperform single-source options and how to identify truly clean, effective formulations that wont just improve your hair, but benefit your entire body. Type I collagen is most beneficial for hair growth and strength, but a multi-collagen approach delivers superior results by addressing multiple aspects of hair health simultaneously. Marine collagen (from wild-caught fish) contains high amounts of Type I collagen and shows particularly strong benefits for hair growth and thickness. Hair thinning often results from collagen production declining with age, starting around age 25 and dropping by about 1% each year after. Vitamin C, silica, and zinc work as co-factors that significantly enhance collagen absorption and production in the body. Hydrolyzed collagen peptides are more bioavailable than non-hydrolyzed forms, making them more effective for hair growth benefits. Clean Sourced Collagens Powder provides all five essential collagen types (I, II, III, V, and X) from four real food sources, along with key co-factors for maximum absorption and hair growth support. Before we dive into which collagen is best for hair growth, lets understand what collagen actually is and how it affects your hair. Collagen is the most abundant protein in your body, making up about 30% of your total protein content. It serves as the primary structural protein that forms your connective tissues including skin, bones, tendons, ligaments, and hair. Think of collagen as the glue that holds your body together. Your hair grows from follicles located in the dermis layer of your skin. The dermis is rich in collagen, which provides the structural framework for healthy hair follicles to thrive. Collagen contributes to hair health in several key ways: Provides amino acids for hair building: Hair is primarily made of a protein called keratin, and collagen contains many of the amino acids needed to build keratin. Fights follicle damage: Collagen helps neutralize free radicals that can damage hair follicles. Supports scalp health: A collagen-rich environment helps maintain a healthy scalp, which is essential for healthy hair growth. Prevents hair thinning: As we age, declining collagen levels can lead to weaker hair structure and thinning. Heres something most people dont realize your body naturally produces less collagen as you age. This decline begins around age 25, and after that, you lose approximately 1% of your collagen each year. By age 50, youve potentially lost a quarter of the collagen you had in your youth! This natural decline explains why many people notice their hair becoming thinner and less vibrant as they age. Other factors that accelerate collagen loss include: UV exposure from the sun Smoking and excess alcohol consumption High sugar consumption Nutrient deficiencies Chronic stress Environmental toxins Now, lets address the big question: which collagen is best for hair growth? To answer this properly, we need to understand that not all collagen is created equal. The 5 Main Types of Collagen There are at least 28 different types of collagen in your body, but five types are particularly relevant for health and beauty: Type I: Makes up 90% of your bodys collagen and provides structure to skin, bones, tendons, cartilage, and teeth. Its also the primary type found in hair. Type II: Mainly found in cartilage, supporting joint health. Type III: Supports the structure of muscles, organs, and blood vessels. Type V: Works with Types I and III to support optimal hair, skin, and placental tissue health. Type X: Supports bone formation and cartilage development. When it comes specifically to hair growth, Type I collagen is the star player. This is the type most directly involved in hair structure and growth. However and this is crucial focusing on just one type of collagen misses the bigger picture. Your body functions as an interconnected system. Type I collagen works best when supported by other collagen types that strengthen the surrounding tissues. Thats why multi-collagen formulations typically deliver superior results compared to single-type products. Collagen supplements come from various animal sources, each with different compositions of collagen types: Marine collagen from wild-caught fish like pollock is exceptionally rich in Type I collagen, making it arguably the best single source for hair growth. Studies have shown that marine collagen is highly bioavailable and particularly effective for skin and hair health. The peptides in marine collagen are smaller than those from other sources, allowing for better absorption. This makes it an excellent choice for supporting hair growth, strength, and thickness. Collagen from grass-fed, pasture-raised cattle is rich in Types I and III collagen. This combination supports not only hair growth but also skin elasticity and gut health. The amino acid profile in bovine collagen helps strengthen hair from the root. Chicken collagen, particularly from chicken bone broth, is an excellent source of Type II collagen. While not directly related to hair structure, Type II collagen supports overall health, which indirectly benefits hair growth. This often-overlooked source provides Types I, V, and X collagen, offering comprehensive support for hair and connective tissues. Eggshell membrane collagen contains unique compounds that support hair follicle health. Heres a crucial insight that many overlook: your body doesnt just need one type of collagen from one source it needs a comprehensive spectrum of collagen types to function optimally. A high-quality multi-source collagen formula provides: Comprehensive support: Different collagen types work synergistically to support not just hair growth, but also the underlying structures that influence hair health. Balanced amino acid profile: Each collagen source provides a different array of amino acids, giving your body all the building blocks it needs. Whole-body benefits: While youre improving your hair, youll also be supporting your skin, joints, gut, and overall health. This is why our Clean Sourced Collagens Powder stands out from the crowd. It combines five types of collagen (I, II, III, V, and X) from four real food sources: grass-fed pasture-raised bovine, chicken bone broth, wild-caught fish, and eggshell membrane. This comprehensive approach ensures youre getting all the collagen types your body needs for optimal hair health. Simply taking collagen isnt enough your body needs certain co-factors to properly absorb and utilize collagen. The most important co-factors include: Vitamin C is absolutely essential for collagen synthesis. Without adequate vitamin C, your body cannot effectively produce or utilize collagen. Natural sources like acerola cherry and camu camu provide highly bioavailable vitamin C along with other beneficial compounds. Silica helps strengthen collagen fibers and is essential for hair strength. It works synergistically with collagen to improve hair elasticity and prevent breakage. Horsetail is one of natures richest sources of organic silica. Zinc is a critical mineral for collagen synthesis and protein metabolism. It helps your body utilize the amino acids in collagen to build stronger hair. Zinc deficiency is common and can contribute to hair loss and thinning. Vitamin B6 helps your body properly metabolize collagen and utilize its amino acids effectively. Without adequate B6, you wont get the maximum benefit from your collagen supplement. The term hydrolyzed collagen or collagen peptides refers to collagen that has been broken down into smaller, more bioavailable particles through a process called hydrolysis. This is crucial for effectiveness because: Better Absorption: Hydrolyzed collagen peptides are much easier for your body to absorb compared to intact collagen. Faster Results: The smaller particle size means your body can put the collagen to work more quickly. Higher Efficacy: Studies show hydrolyzed collagen provides superior results for hair, skin, and joint health compared to non-hydrolyzed forms. When choosing a collagen supplement for hair growth, always look for hydrolyzed collagen or collagen peptides on the label to ensure maximum bioavailability. The quality of your collagen source directly impacts its effectiveness. Unfortunately, many collagen supplements on the market come from conventionally raised animals that may contain: Antibiotics Growth hormones Pesticide residues Heavy metals Glyphosate (from Roundup) These contaminants can actually counteract the benefits youre seeking and potentially harm your health over time. This is why clean sourcing is non-negotiable when it comes to choosing an effective collagen supplement for hair growth. Our Clean Sourced Collagens Powder is made with only the purest ingredients: Grass-fed, pasture-raised bovine collagen Bone broth collagen from non-GMO chicken Wild-caught marine collagen Collagen from eggshell membrane Each batch undergoes rigorous third-party testing to ensure its free from glyphosate, heavy metals, and pesticides. This purity ensures youre getting all the hair benefits without unwanted toxins. Heres something most people dont know about collagen supplements: most collagen is not a complete protein because it lacks the essential amino acid tryptophan. For a protein to effectively support hair growth, it needs to contain all nine essential amino acids. Thats why our Clean Sourced Collagens Powder includes added tryptophan, making it a complete protein with 8g per serving. This complete amino acid profile ensures your body has all the building blocks it needs to create strong, healthy hair from the inside out. When using a high-quality, multi-source collagen supplement with the proper co-factors, most people begin to notice improvements in their hair within 1-3 months. These typically include: Reduced hair shedding and breakage Increased hair thickness and volume Improved shine and texture Faster growth rate Greater hair strength and resilience Remember that consistency is key collagen works best when taken daily as part of a long-term health strategy. For best results: Take it daily: Consistency is crucial for seeing results with collagen. Mix with liquids: Clean Sourced Collagens dissolves easily in hot or cold beverages with no clumping. Pair with a healthy diet: Collagen works best when supported by a nutrient-rich diet high in whole foods. Be patient: Allow at least 30-90 days to see noticeable improvements in your hair. Consider morning consumption: Taking collagen in the morning gives your body all day to utilize it. My journey to better health wasnt easy. Like many of you, I struggled for years before discovering the power of truly clean, comprehensive supplements. After seeing the transformation in my own health, I became passionate about creating products that deliver real results. Thats why we developed Clean Sourced Collagens Powder with multiple collagen types from four distinct sources, plus all the essential co-factors your body needs to utilize collagen effectively. Its the product I take myself and give to my own family because when it comes to health, I never compromise on quality. When it comes to which collagen is best for hair growth, the answer isnt just about choosing one type or source. True hair transformation comes from providing your body with a comprehensive spectrum of collagen types (particularly Types I, III, V, and X) from multiple clean sources, along with the essential co-factors needed for proper absorption and utilization. By choosing a high-quality, multi-collagen formula like Clean Sourced Collagens Powder, youre not just supporting your hair youre nurturing your entire body from the inside out. Remember that hair health is a reflection of internal health, and by supporting your bodys collagen production comprehensively, youll see benefits that extend far beyond just stronger, more beautiful hair. Important note: Always consult with your healthcare professional before starting any new supplement regimen, especially if you have existing health conditions or are taking medications. Collagen is the structural protein that adds density and plumpness to our skin, making it look smoother and feel more taut. It's a crucial protein found in the body, particularly in the skin, bones, muscles, tendons and ligaments, explains medical consultant and founder of Adonia Medical clinic, Dr Ifeoma Ejikeme. It provides structure, elasticity and strength to various tissues, making it essential for maintaining healthy skin, joints and overall body function.Our natural collagen production starts slowing down from our mid-20s, but if youre keen to put the bounce back into your skin and your 20s feel like a long time ago, hope is not lost. Thats where some of the best collagen supplements can help. Are collagen supplements worth it?Not only good for boosting skin elasticity, collagen can also help improve joint, bone, gut, nail and hair health. This means collagen supplements can be beneficial for tackling symptoms of the menopause and perimenopause, from aching joints to flaking nails.The good news is that there are many ways to boost your collagen production, from topical application of the best collagen cream and serums, to drinking or eating it in the form of gummies, bars, liquid sachets or powdered drinks.In theory, anyway. Experts dont always agree on whats possible debate rages over the ideal size of collagen molecules, as well as their ability to be absorbed into the skin or to travel safely through the digestive system.However, theres plenty of anecdotal evidence that says collagen supplements can contribute to stronger and faster hair and nail growth, as well as noticeably plumper-looking and more resilient skin.How do collagen supplements work?Most drinks and supplements claim to increase collagen levels in the skin by hardwiring the protein in the form of collagen peptides or hydrolysed colla to go straight to the stomach. Theyre then broken down during digestion into amino acids, absorbed into your system and used by your body to build collagen or other required proteins.Collagen supplements stay in your body for around two weeks, which means youll only feel the effects if you use them regularly. Our tip? Make remembering as easy for yourself as possible by incorporating your chosen supplements into your morning skincare or breakfast routine.Types of collagenBovineThe collagen in supplements is usually derived from bovine (cows) or marine sources (found in the skin and scales of fish). Its worth noting that bovine collagen supplements have made the news for their contribution to biodiversity issues in tropical regions (from where the ingredients are sourced). If that's a concern, you may want to consider a marine collagen. MarineIf youre keen to steer clear of bovine collagen, we recommend opting for a marine collagen supplement instead. Weve distinguished between them in our key specifications boxes below to make your research that little bit more manageable.VeganThe rise of vegan supplements is also making waves in the market. These dont actually contain collagen as it isnt vegan, but some claim to replicate the amino acid profile of type I human collagen, or they contain ingredients such as vitamin C, which help promote collagen production. We dont have any vegan supplements on our tried and tested list currently, as theyre still fairly new.What foods are high in collagen?Bone broth is an increasingly well-known collagen booster, thanks to the fact that its rich in the amino acids that form the building blocks that your body needs to create its own proteins, including collagen. You dont have to boil up a vat of pigs trotters to get your daily collagen fix, however. Other foods high in collagen include meat, fish, dairy products and eggs, with plant-based protein, such as soy, beans, nuts, seeds and fungi, also helping your body to produce its own collagen.Certain vitamins and minerals also play a key role in collagen production. Vitamin C boosts collagen levels, as does silica (found in oats, cereals and bananas), copper (found in mushrooms and cocoa) and sulphur (eat lots of garlic). Essentially, a collagen-boosting diet should include a varied mix of proteins, vegetables and grains that are high in fibre.How long does it take for collagen supplements to work?We tested collagen supplements for three months (12 weeks), as most brands claim this is how long it takes to see real, tangible results.Are collagen supplements safe?Collagen supplements are generally safe for most people when taken as directed, says Dr Ejikeme. However, some individuals may experience mild side-effects, such as digestive discomfort, bloating or mild allergic reactions.She adds: Its essential to follow the recommended dosage and consult with a healthcare professional if you have any concerns.What age should you start taking collagen?You can benefit from topping up your natural collagen supplies from your mid-20s onwards, when collagen levels naturally start to fall, but it's particularly helpful during pre- and post-menopause.Our final verdict on collagen supplementsWe couldnt separate our joint winners, Ingenious Collagen and Forte's Gold Collagen, as both supported stronger skin, hair and nails. The latter is best if you dont want to take a tablet (as it comes in liquid form), while the former works out slightly cheaper. For luscious locks, our testers loved the QMS Medicosmetics Collagen Intravital Plus and, for an affordable all-rounder, MyVitamins collagen gummies were popular with our panel. Why trust the Good Housekeeping Institute? At the Good Housekeeping Institute, weve been testing products from the best bed frames and the best cleansing balms to the best retinol serums and supplements for over 100 years. Our beauty testers combine their industry knowledge and experience with rigorous protocols and specialist lab machines to analyse and scrutinise products performance. We also have a large panel of at-home testers to call on, who give us detailed feedback that feeds into our final scores, so you know our recommendations will work for you at home. Our writers are also experts in their fields. Senior Beauty Writer, Florence Reeves-White, has years of experience researching and writing about the latest skincare launches and the most effective health-enhancing ingredients in haircare. 11 March 2025: This article was updated to reflect the most up to date prices and stock levels. We also updated the headline and adjusted seasonal references.

Best peptides for hair growth. Collagen peptides hair. Which collagen is the best for hair growth. Collagen peptides hair growth before and after. Does collagen peptides make hair growth faster. Which collagen is good for hair growth. Which collagen helps with hair growth. Does collagen peptides make your hair grow.