

GROW Defends Scientific Integrity in Response to Myung et al. (2025) Meta-Analysis on Collagen Supplements

Brussels, August 5, 2025. | The Gelatin Manufacturers of the World (GROW) acknowledges the recent publication by Myung et al. (2025) titled *Effects of Collagen Supplements on Skin Aging: A Systematic Review and Meta-Analysis of Randomized Controlled Trials* on the role of funding in collagen peptide research. While we as a representative for the global gelatin and collagen peptide industry welcome rigorous, independent scientific scrutiny, this paper contains methodological flaws and interpretive inconsistencies that risk distorting the scientific record, misleading readers, and undermining credible research in the field.

Key Observations on the Study and Its Limitations

1. Contradictory Abstract Messaging

The abstract itself confirms that collagen supplements show significant benefits in improving skin hydration, elasticity, and wrinkles when all studies are considered. Yet the authors later conclude there is 'no clinical evidence' to support collagen use for skin aging—creating a confusing and contradictory narrative.

2. Subgroup Analysis Raises Scientific Concerns

The subgroup analysis, which downplays findings from studies involving industry funding or rated 'low quality,' is based on unclear, unpublished criteria. The method for categorizing studies into 'high' and 'low' quality is not disclosed, nor are validated tools (such as CONSORT, Cochrane, or GRADE) used or cited. Without transparency, such subgroup interpretations cannot serve as a credible basis for dismissing a significant body of evidence.

3. Funding Does Not Imply Flawed Science

Dismissing studies with industry funding as inherently biased discredits the work of renowned research institutions and independent scientists. Many rigorous collagen studies—double-blind, placebo-controlled, randomized trials—are conducted in compliance with international clinical trial standards and often funded in partnership with manufacturers. Funding alone does not compromise scientific integrity when proper methodology and peer review are followed.



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4. Methodological Inconsistencies

The publication contains methodological flaws and interpretive inconsistencies that risk misleading readers and undermining credible science, for example:

- Several studies labeled as 'independent' (e.g. Sugihara et al., 2015; Genovese et al., 2017, Kim et al., 2018) had commercial affiliations.
- The study fails to distinguish between pure collagen peptides and multi-ingredient blends.
- The included studies vary by different raw materials, dosage, duration and topical or oral administration.
- 17 of the 23 trials were conducted in Asia with a reported average dose of 3.1g/day which is not representative of global usage.
- Conclusions are drawn from small, unbalanced subgroups.

5. Scientific Record Contradicts the Paper's Conclusion

Other scientific evidence regarding the effects of oral collagen supplementation on skin aging is available in different meta-analysis articles. This broader scientific literature is not acknowledged in the Myung paper. De Miranda et al. (2021) reviewed 19 randomized controlled trials and found statistically significant improvements in skin hydration, elasticity, and wrinkle reduction, at daily doses of 2.5 to 10 g of hydrolyzed collagen.

The following meta-analyses also demonstrate skin improving effects of collagen:

- Pu SY, Huang YL, Pu CM, Kang YN, Hoang KD, Chen KH, et al. (2023) Effects of Oral Collagen for Skin Anti-Aging: A Systematic Review and Meta-Analysis. *Nutrients*. 15(9). <https://www.ncbi.nlm.nih.gov/pubmed/37432180>
- Dewi DAR, Arimuko A, Norawati L, Yenny SW, Setiasih NL, Perdiyana A, et al. (2023) Exploring the Impact of Hydrolyzed Collagen Oral Supplementation on Skin Rejuvenation: A Systematic Review and Meta-Analysis. *Cureus*.;15(12):e50231. <https://www.ncbi.nlm.nih.gov/pubmed/38192916>

6. Global Scientific and Regulatory Recognition

The benefits of collagen peptides for skin are widely recognized, not just in research literature, but by health authorities around the world:

- Food Standards Australia has approved collagen-containing products for skin benefits
- Korea's Ministry of Food and Drug Safety (MFDS) has approved collagen for support in skin hydration and UV damage protection
- Health Canada, Consumer Affairs Agency Japan, and Brazilian Health Regulatory Agency (ANVISA) have recognized skin-related claims for collagen



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GROW's Position

As an independent group, GROW urges the scientific community, media, and regulators to:

- Evaluate the totality of evidence, not selectively filtered analyses
- Acknowledge that credible, ethical research exists with and without industry funding
- Use transparent, established criteria to assess study quality
- Recognize that collagen peptides are among the most well-studied ingredients for skin health

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