



## VINH WELLNESS

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**VINH**  
**WELLNESS**

SCIENTIFIC EVIDENCE  
PROVED SIGNIFICANT  
ANTI-AGING EFFECTS OF  
**VINH WELLNESS**  
COLLAGEN ON SKIN





# VINH WELLNESS

Collagen is the most abundant protein in mammals, making up 97.5% of the human skin. As one ages, the number of collagen and its quality decrease significantly. Many studies have demonstrated that oral consumption of collagen peptides improve skin conditions with anti-aging effects and reduce bone and joint pains. Collagen peptides comes from many sources – cow, pig, and chicken are common. In recent years, fish is emerging as a preferred source due to its being non-disease carrier, religiously appropriate and culturally well accepted. The protein content of fish collagen is unique from other sources and unique from one fish to another. Most of fish collagen in the market comes from ocean, wild caught fish. Vinh Wellness Collagen is pure, collagen peptides derived from the skin of freshwater Pangasius, raised in sustainable aquaculture in Vietnam.

In this single-centered, randomized, double-blind, placebo-controlled clinical study, we evaluated **01** the safety of Vinh Wellness Collagen consumption and **02** its anti-aging effects, namely wrinkles, skin elasticity and hydration. 50 healthy females aged 45 to 60 years old were treated with 10g/day of Vinh Wellness Collagen or placebo for 12 weeks. The results are as followed.



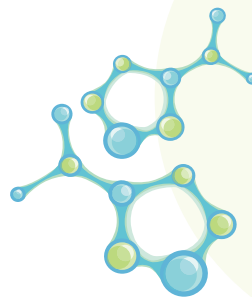
## SAFETY

Safety was assessed by adverse events, vital signs, anthropometrics, complete blood count, and liver and kidney markers. Vinh Wellness Collagen was well tolerated. No difference was found in the number of health incidence between treated and placebo throughout the study as well as no serious adverse event was reported.

## CONSUMERS' EVALUATIONS

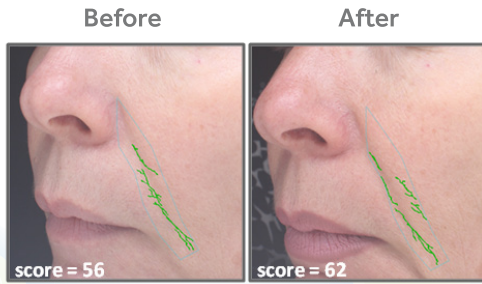
All participants performed skin quality evaluations during the study. Significant improvements were reported at ending compared to beginning of study in wrinkles, elasticity, hydration, firmness, and radiance. In all assessments, participants treated with Vinh Wellness Collagen consistently reported higher improvements compared to those with placebo, ranging from 14 to 25%.

**Table 1: Skin Quality Improvements of Vinh Wellness Collagen above Placebo**

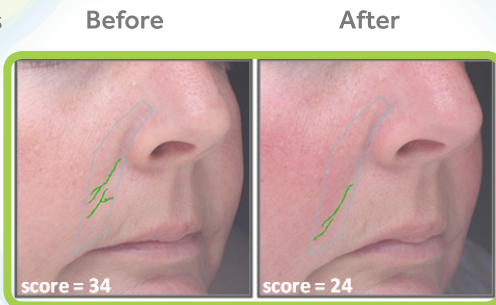


Wrinkles	15 %
Elasticity	23 %
Hydration	14 %
Firmness	25 %
Radiance	22 %
Average	20 %

Placebo



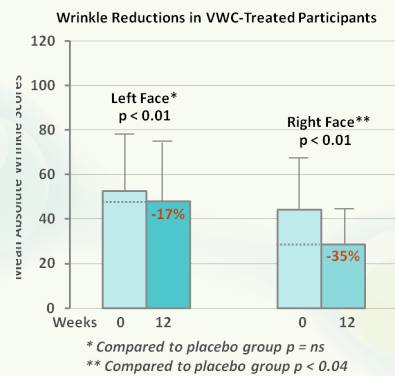
Vinh Wellness Collagen



## EFFECT ON SKIN *Wrinkle*

Within the Vinh Wellness Collagen group, participants had a **statistically significant 35% reduction on the right face** and a **significant 17% reduction on the left face** in the wrinkle scores. This result is possibly due to the fact that the left face of the study population was more photoaged than the right<sup>(1)</sup>, hence the difference in efficacy compared to placebo was detectable but less significant. Longer treatment is suggested to show more significant efficacy on the left face.

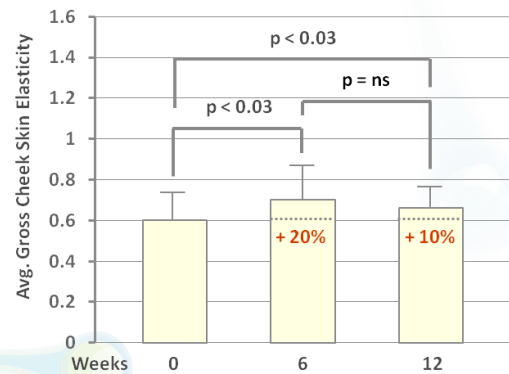
These effects on wrinkle are much higher than clinical results of similar ingredients. A possible reason is because of the especially high concentration of certain amino acids such as glycine, proline, and hydroxyproline (which account for more than 50% of total amino acid content of Vinh Wellness Collagen) that are important in maintaining and promoting antioxidant activity in the human body.



## EFFECT ON SKIN *Elasticity*

Cheek skin elasticity was **significantly improved by 20% within the first 6 weeks** of supplementation with Vinh Wellness Collagen in participants 45-54 years of age. The effect seems to level with no significant difference between week 6 and week 12. Overall, cheek skin elasticity was significantly improved by 10% from baseline to end of study in these participants. Older participants may need to take Vinh Wellness Collagen longer to see the same effect. Other studies that saw significant improvement in treated group over placebo used collagen in combination with other ingredients such as vitamins A, C, E and zinc or astaxanthin. Likewise, Vinh Wellness Collagen can be combined with other ingredients for faster result in improving skin elasticity.

Skin Elasticity in VWC-Treated Participants (45-54yo)



## EFFECT ON SKIN *Hydration*

Although not statistically significant, participants supplemented with Vinh Wellness Collagen showed a 3% increase in cheek skin hydration whereas participants in placebo showed a 5% decrease after 12 weeks. According to consumers' evaluations, skin hydration in the Vinh Wellness Collagen group is 14% higher than in placebo after 12 weeks of use (see table 1). Vinh Wellness Collagen can be combined with other ingredients such as hyaluronic acid for faster result.

(1) Reference: Mac-Mary, S., et al., (2010). Assessment of cumulative exposure to UVA through the study of asymmetrical facial skin aging. *Clinical Interventions in Aging*, 2010:5 277-284

This clinical trial was reviewed and approved by the Natural Health Product Directorate (NHPD), Health Canada and the Institutional Review Board Services. It was performed in compliance with ICH Guideline for Good Clinical Practice Current Step 4 Version June 10, 1996. KGK Science Inc. conducted the study at KGK Clinic site in London, ON Canada and analyzed the results. ©2017 Vinh Hoan USA Inc. All rights reserved.