



IntroDrink.ch Expands Collagen Resource Library With New Educational Guide Pages

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IntroDrink.ch has expanded its collagen resource library for readers in Switzerland, adding educational guide pages that examine collagen from both a general health perspective and a sports research perspective. The new material is written for a German-speaking audience and reflects a factual, study-focused approach to a widely discussed nutrition topic.

The expansion responds to growing public interest in collagen and connective tissue. Collagen is the most common protein in the human body, making up roughly 30 percent of total protein and forming the structural framework for skin, bones, tendons, ligaments, cartilage, blood vessels, and teeth. From around the age of 25, the body's own collagen production declines by approximately 1 to 1.5 percent each year, a change often linked to shifts in skin, hair, nails, joints, and bone density.

The general reference material, published as the [introdrink.ch collagen guide](#), covers the fundamentals of the subject in detail. It explains collagen hydrolysate, the differences between collagen types I, II, and III, and the

distinctions between bovine and marine sources. The guide also outlines the various forms in which collagen is available, including powder, capsules, and liquid, and addresses quality characteristics, general dosage considerations, and the role of Vitamin C in collagen synthesis. A section on vegan alternatives describes nutrients that support the body's own collagen production, and a frequently asked questions area addresses common reader inquiries.

A companion resource, the introdrink.ch sport research guide, takes a narrower and more cautious view. The article examines the role of collagen in the context of sport, tissue, and regeneration. It clarifies that the frequent association between collagen and terms such as tendon, ligament, and recovery does not by itself demonstrate faster healing, fewer complaints, or improved performance. The article explains the structural differences between muscles, tendons, and ligaments, describes what training studies actually measure, and outlines why such studies do not always answer questions about regeneration, dosage, or timing. It also offers readers a method for evaluating sports-related claims and concludes that collagen in sport remains a research topic with narrow boundaries, rather than a replacement for load management, rehabilitation, or individual clarification.

Both guides open with disclaimers noting that dietary supplements are not a substitute for a balanced, varied diet and a healthy lifestyle, and both advise readers to consult a doctor or pharmacist regarding health concerns. The editorial content is created with the support of AI-based tools and subsequently reviewed by the editorial team.

The collagen guides sit within a broader library of nutrition and wellness content maintained by IntroDrink.ch. The pages are intended as reference material for readers who want to understand the science and the open questions surrounding collagen before making individual decisions.

IntroDrink.ch publishes educational content on dietary supplements and nutrition topics for a Swiss and German-speaking audience. Its editorial resources emphasize factual explanation, study context, and clear disclaimers, and cover subjects ranging from general supplement fundamentals to specialised research areas such as collagen and sport.

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For more information about IntroDrink.ch, contact the company here: IntroDrink.chkontakt (at) introdrink.chkontakt@introdrink.ch

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