



IntroDrink.ch Introduces Collagen Guides as a Source and Label-Reading Resource for Swiss Readers

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IntroDrink.ch, a Swiss health and wellness publisher, has expanded its library of educational articles with two detailed guides examining the role of collagen in the human body. The guides, published in German, aim to help readers in Switzerland understand the scientific background of collagen and interpret supplement labels with greater confidence.

The first article focuses on collagen and skin health. It explains that collagen is the most abundant protein in the human body, accounting for roughly 30 percent of total protein and providing structure to skin, hair, nails, bones, and joints. The piece notes that the body's collagen production declines by approximately one percent each year after the age of 25, and it reviews the two collagen types most relevant to skin, Type I and Type III. The introdrink.ch skin research guide also outlines external factors that accelerate collagen loss, including ultraviolet radiation, sugar, smoking, stress, and insufficient sleep, while describing how researchers have studied hydrolyzed collagen peptides and the role of Vitamin C in collagen synthesis.

The second article addresses the structural function of collagen in joints, bones, and connective tissue. It distinguishes between the documented structural role of collagen in cartilage, tendons, ligaments, and bone and the separate question of what collagen peptide intake may or may not accomplish. The introdrink.ch joint and bone guide examines Type II collagen in joint cartilage and Type I collagen in bone, and it reviews the limitations of current studies, emphasizing that many claims cannot be legally made due to the absence of large, long-term trials with pre-defined functional endpoints.

Both guides are written with a consistent editorial approach. Each article stresses that dietary supplements cannot replace a balanced diet and a healthy lifestyle, and that the information provided does not substitute for medical advice. Readers are encouraged to consult their doctors or pharmacists for personalized guidance. The articles cite published research alongside clear notes about the scope and limitations of that research, allowing readers to weigh the evidence on their own terms.

The publication of the two guides reflects a growing interest among Swiss consumers in understanding how supplements are sourced and labeled. By covering molecular size, source, purity, and dosage, the articles are positioned as a reference point for individuals comparing products and reading ingredient information. The joint and bone article was published on April 8, 2026, while the skin-focused article was published on December 28, 2024, giving readers a combined overview of collagen across several areas of the body.

IntroDrink.ch is a Swiss health and wellness website that produces educational articles on nutrition, supplements, and related topics. The publisher provides general information intended to support reader understanding and includes disclaimers noting that its content does not replace professional medical advice. Both collagen guides remain available through the IntroDrink.ch website for readers seeking background on the science and terminology surrounding collagen products.

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

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