



FOODS TO PAIR WITH YOUR COLLAGEN TO MAKE IT MORE EFFECTIVE

EMILY LAURENCE, JANUARY 8, 2018



Photo: Stockey/Adam Nixon

By now, chances are you've heard the buzz about collagen, AKA the wellness world's power protein that purportedly can keep you looking like a fresh-faced 21-year-old and also give your digestion a boost. If you lean towards a collagen-rich diet (think: lots of bone broth, fish, and grass-fed meat) or get your fix in supplement form, you're already doing your body a favor, but you can make your healthy habit go the extra mile by pairing it with certain foods.

Here to reveal how to maximize your collagen habit are two experts who have studied how the protein works and dived deep into clinical tests on the subject: natural medicine doctor and nutritionist Josh Axe, DNM, DC, CNS, and [Ava Shamban](#), MD, the founder of SKINxFIVE and consultant for Aethern, a liquid vitamin supplement line.

Ready to take your collagen habit to the next level? Keep reading to see the foods that will give it a boost.



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Vitamin C-rich foods

The number-one tip both experts had was to pair your collagen with vitamin-C-rich foods like citrus, red bell peppers, and broccoli. “Clinical studies have shown that antioxidant-rich foods give collagen a better result,” Dr. Shamban says. “They help regulate the enzymes that form collagen.”

And according to Dr. Axe, vitamin C boosts your body’s production of collagen, which aids in supporting the skin’s barrier and wound healing.

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