

INPLASY PROTOCOL

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Effects of oral collagen for skin anti-aging: A systematic review and meta-analysis

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Conflicts of interest:
None declared.

Review question / Objective: Does oral collagen have effect on anti-aging of skin?

Condition being studied: Skin, as the largest organ of the body which exposed to the external environment, is affected by both intrinsic and extrinsic factors. Skin aging is characterized by loss of elasticity, wrinkles and dehydrated. It had also become an issue that is repeatedly discussed because of the increase in human expectations. In this context, the use of nutraceuticals as supplements has increased in recent years.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 22 February 2023 and was last updated on 22 February 2023 (registration number INPLASY202320100).

INTRODUCTION

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wrinkles and dehydrated. It had also become an issue that is repeatedly discussed because of the increase in human expectations. In this context, the use of nutraceuticals as supplements has increased in recent years.

METHODS

Participant or population: Healthy adult

Intervention: Oral collagen

Comparator: Placebo.

Study designs to be included: Randomized controlled trials.

Eligibility criteria: (1) applying a randomized clinical trial (RCT) design; (2) including healthy adults (aged ≥ 18 years); (3) including patients who received HC; and (4) being full-text articles written in English.

Information sources: Embase, PubMed, and Cochrane Library.

Main outcome(s): Skin hydration.

Additional outcome(s): Skin elasticity.

Quality assessment / Risk of bias analysis: Each article will be classified in accordance with the Cochrane Handbook for Systematic Reviews of Interventions to five domains (including selection, performance, detection, attrition, and reporting bias) in the ROB-2 tool.

Strategy of data synthesis: In this meta-analysis, all outcomes will be analyzed by RevMan software (version 5.4).

Subgroup analysis: Sources, duration and units.

Sensitivity analysis: A sensitivity analysis was performed to negate the effect of potentially influential studies. Each study was classified in accordance with the Cochrane Handbook for Systematic Reviews of Interventions.

Country(ies) involved: Taiwan.

Keywords: oral collagen; skin; anti-aging; meta-analysis.

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