

Collagen Peptides Dosage & Timing Guide

An evidence-based reference for choosing the right type, dose, and time of day to take collagen peptides.

SKIN · JOINTS · RECOVERY · HEALTH

01 — Choosing a Type

Collagen supplements vary by source and processing. Type and molecular size determine which tissue they best support.

Type	Best for	Notes
Hydrolyzed (Type I & III)	Skin, hair, general	Bovine or marine source; most researched
Undenatured Type II	Joint cartilage	Different mechanism; lower dose (40mg)
Marine collagen	Skin, hydration	Type I only; smaller peptide size
Vegan "boosters"	Supporting own synthesis	Not real collagen — amino acid + vitamin C blends

02 — Dosing by Goal

Skin elasticity & hydration

2.5–5g hydrolyzed collagen daily, any time of day. Consistency matters more than timing — visible effects typically appear after 8–12 weeks of daily use.

Joint pain / cartilage support

10g hydrolyzed collagen, or 40mg undenatured Type II daily. Type II collagen works through an oral tolerance mechanism and should be taken away from other protein at the same meal.

Connective tissue loading (pre-exercise)

15g collagen peptides plus 50mg vitamin C, consumed 30–60 minutes before exercise that loads tendons and ligaments — matches the protocol used in the original Shaw et al. research.

Bone density support

5g daily, taken long-term. Research showing measurable bone density benefit has generally run 12 months or longer.

03 — Timing & Absorption Tips

Pair with vitamin C

Vitamin C is a required cofactor for the prolyl and lysyl hydroxylase enzymes that stabilize new collagen structures. Citrus, bell pepper, or a supplement taken alongside collagen supports synthesis.

Heat doesn't matter

Hydrolyzed collagen peptides are already broken down into short chains — they dissolve in hot coffee or cold water with no loss of function.

Consistency beats timing

No study has shown a meaningful advantage to a specific time of day. Daily use over weeks to months is what drives the measured outcomes.

Not a complete protein

Collagen lacks tryptophan and is low in several other essential amino acids. It shouldn't replace whey, eggs, or other complete protein sources in your diet.

Time it around training for joints

If the goal is tendon or ligament support specifically, take your dose 30–60 minutes before the session that loads those tissues.