

# NEWBEAUTY®

SKIN CARE

## The Collagen Products Derms Use Themselves

Expert-approved.

By Allie Hogan, Senior Beauty Editor · Published: Mar 27, 2024



**C**ollagen—it's what we're all after. If you go into any beauty store or vitamin shop, you'll see the word "collagen" plastered across dozens of products,, from powders to topicals. Miami dermatologist Anna Chacon, MD notes that it's important to keep in mind "that while topical collagen products can provide some benefits, the best way to boost collagen levels is through a balanced diet and protecting your skin from the sun." We've taped our dermatologists to see what collagen-boosting products they keep in their own routine.

## Topical collagen product dermatologists love

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### Kiehl's Better Screen UV Serum SPF 50+ Facial Sunscreen (\$42)

New York dermatologist Michelle Henry, MD loves this recent sunscreen launch from Kiehl's. Not only is it serving sun protection, but it's also packed with collagen peptides.



## Ingestible collagen products dermatologists love

1/3

### NeoCell Super Collagen Powder (\$25)

Dr. Chacon says this powder is a top recommendation of hers, and she uses it as well. "It's not only an affordable option but is also praised for its high-quality collagen content, which can support skin health. It's hydrolyzed for maximum absorption and effectiveness," she says. Dr. Chacon adds, "It's easy to incorporate into your daily routine, as it can be added to drinks or food."



2/3

### Shaklee Collagen-9 Powder Supplement (\$67)

Miami dermatologist Dr. Deborah Longwill recommends this powder supplement that features nine essential amino acids, tons of collagen and a powerful combination of biotin and vitamin C to promote healthy skin, hair, nails and joints.



3/3

## Bend Marine Collagen + Co-Factors Powder (\$47)

New York dermatologist Dr. Anetta Reszko says Bend Collagen is the favorite at her practice, and they often recommend it to patients. “It’s a hydrolyzed wild-caught marine collagen paired with co-factors of vitamin C and silicon, which are essential for collagen cross-linking to form strong and resilient collagen,” she explains. “The vitamin C component also provides antioxidant properties to protect the skin from environmental free radicals.”



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## Collagen-boosting products dermatologists love

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### Heliocare Ultra Antioxidant Supplements (\$62)

Sunscreen is essential, but there is more you could be doing to protect your skin. UV rays and free radicals are some of the big culprits behind damage to the collagen fibers that keep skin looking firm, says Omaha, NE dermatologist Joel Schlessinger, MD. Heliocare Ultra Antioxidant Supplements help support “your sunscreen regimen with an ingredient complex called Fernblock, which helps your body build up defense against the sun’s rays from the inside out.”



2/5

### Plastic Surgery & Dermatology Facial Firming Therapy Serum & Dermal Restructuring Therapy Cream (\$153 each)

“This two-part anti-aging system is full of peptides which help boost collagen production,” says New York dermatologist **Jody Levine, MD** of her own product line. “The serum enhances skin firmness by reducing wrinkles, while the cream boosts collagen production, deeply moisturizes, and protects skin from external damage.”



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### Colorescience Total Protection No Show Mineral Sunscreen SPF 50 (\$45)

“Wearing a broad-spectrum sunscreen every single day is one of the best things you can do to stop the degradation of existing collagen while helping to protect the new cells being constantly produced in the skin,” says Dr. Schlessinger. “I love this one from Colorescience because it contains all mineral sunscreen filters with 10 percent zinc oxide, is reef safe and blends into most skin tones with virtually no white cast.”



4/5

### Simply Serum Collagen Complex (\$160)

“This serum is specifically formulated to support skin’s collagen production, helping to reduce the appearance of fine lines and wrinkles while improving overall skin texture,” says NY dermatologist Kally Papantoniou, MD of her own product. “It’s a perfect choice for anyone looking to enhance their skin’s natural firmness and youthful appearance.”



5/5

### Scientific RX Mega-Vitamin C and Ferulic Antioxidant Serum (\$103)

West Palm Beach, FL dermatologist Kenneth Beer, MD says he uses his Scientific RX serum to help boost collagen. “I know that it has the best ingredients and stimulates collagen growth.”

