

Special Issue

Collagen and Human Health

Message from the Guest Editor

Our knowledge on the importance of dietary proteins and a high protein content in daily nutrition for healthy aging has been constantly increasing. In the last decade, protein sources such as whey, soy or casein have been in the focus of research interest. However, most recent investigations have also reported on beneficial effects of collagen peptides in terms of improved muscle mass, body composition, enhanced bone formation, as well as joint stability and function. First evidence suggests that these effects could also be mediated by signaling functions of collagen peptides of different size, which have been measured in the blood stream following collagen peptides administration. In this Special Issue we welcome original research (in vitro or in vivo; animal and human studies) and review articles concerning the effects of collagen peptides on issues such as: Collagen peptides and body composition
Collagen peptides and bone metabolism/osteopenia/osteoporosis
Collagen peptides and joint health (joint stability/joint pain, osteoarthritis)
Collagen peptides and cell signaling (muscle, bone, fat, etc.)
Collagen peptides as protein source

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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