HEALTHY TIPS

6 Harmful Side Effects of Collagen that Users Should Know

By bestfolkmedicine · 18/07/2022 · 3 min read



Plenty of individuals praise the benefits of collagen supplementation. It's promoted as beneficial for healthier nails, bones, hair, and skin.

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However, it's also pivotal to consider the potential side effects and other worries associated with collagen before introducing it to your lifestyle.

According to Dr. Anna Chacon, MD, collagen is a protein that is one of the major building blocks for tendons, bones, ligaments, hair, skin, and muscles.

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When taken as a supplement, it may be of aid for bone density, reduction of the risk of bone loss, and healthier joints.

What's more, collagen is also promoted for beauty so this is why it's commonly added to different skincare products.

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Generally speaking, supplements with collagen are safe for consumption and there aren't any severe side effects.

However, in some individuals, it may cause discomfort. But, one thing is for sure: collagen may not be the miracle supplement that many individuals believe it is.

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Before deciding on a collagen supplement, take into account the six harmful side effects associated with it.

6 Harmful Side Effects of Collagen Supplements

1. **Some people may be sensitive to it**

Although many people have benefitted from collagen, others aren't so lucky.

In fact, some individuals are sensitive to the free glutamic acid in collagen and may experience headaches or trouble sleeping if they take too much collagen or if they take it close to bedtime.

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2. **Increased levels of calcium**

Collagen doesn't increase the levels of calcium in a good way. In fact, it can cause hypercalcemia.

Experts explain that the consumer may not notice that their levels of calcium elevate right away. When the levels become too high, side effects like nausea, vomiting, tiredness, and constipation may occur.

This happens because plenty of collagen pills have products from marine sources high in calcium like shellfish.

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3. **Messes up the mood**

Adding surplus collagen to your diet may result in low tryptophan.

Its reduction can cause the serotonin levels to reduce and this results in anxiety, depression, and irritability.

This may be worrisome for people already struggling with mood disorders.

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4. **Risk of allergies**

Collagen may cause an allergic reaction and in some, though rarer cases, may be life-threatening.

The symptoms of an allergic reaction include itchy or tingly mouth or skin if the collagen is applied topical, swollen tongue, abdominal ache, nausea, etc.

5. **It could be a waste of money**

Since there's no science to back up the claims of collagen supplements in tissue repair, it may be smarter to save your money and avoid it.

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These supplements aren't regulated by the FDA and the side effects, ingredients, and side effects arent' entirely clear.

6. **It may cause kidney stones**

If someone has a history of calcium oxalate kidney stones, they should be cautious with collagen. If you do decide to take it, do it gradually.

Collagen contains an amino acid known as hydroxyproline. This acid can be converted into oxalate and removed through the kidneys and urine.

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In some cases, this could result in kidney stones. This is why drinking a lot of water with collagen is necessary.

7. **May affect gut health negatively**

In some studies, gastrointestinal side effects have been associated with collagen supplementation.

In fact, some users reported constipation after including collagen in their diets. Others report a reduction in their appetite.

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