# Collagen protein bars double weight loss and improve metabolic health in new 12-week study



Recent research has highlighted a promising new approach to weight management that involves the consumption of collagen-enriched protein bars. Led by researchers at the University of Navarra, the study indicates that these protein bars, which contain collagen—a protein vital for connective tissues—may significantly enhance weight loss efforts.

Dr. Paola Mogna-Peláez, the lead researcher, notes that collagen, being an accessible and affordable protein, has the potential to act as an alternative to more expensive weight loss drugs like Ozempic and Wegovy. She emphasised the growing concern regarding the cost of weight loss treatments, stating, “Many weight loss drugs are very expensive,” and highlighted the need for solutions that are both budget-friendly and effective.

The trial involved 64 overweight and obese participants, aged between 20 and 65, over a span of 12 weeks, and was designed meticulously to ensure robust results. All participants received dietary advice based on the Mediterranean diet, which is well-regarded for its health benefits including reduced risks of heart disease and improved mental well-being. Half of the participants were instructed to consume two chocolate-flavoured protein bars infused with 10 grams of collagen each day, while the other half served as the control group.

The findings were striking. Those in the collagen group lost approximately five pounds, which is double the weight loss observed in the control group, who lost around 2.5 pounds. Additionally, the collagen group experienced a significant reduction in waist circumference and body mass index (BMI), alongside improvements in liver function and blood pressure. This enhancement of metabolic health is particularly important given the escalating obesity crisis, which currently affects around two-thirds of adults in the UK.

In addition to weight reduction, Dr. Mogna-Peláez noted that participants consuming collagen also reported increased satiety, leading to a reduction in overall calorie intake. This phenomenon aligns with other studies suggesting that collagen may affect hunger-regulating hormones. Specifically, levels of leptin—a hormone that signals fullness—were higher in the collagen group at the end of the study, implying that collagen could effectively modulate appetite. Research presented at the European Congress on Obesity supports these findings, revealing that appetite-regulating hormones were favourably affected by collagen supplementation.

Moreover, evidence suggests collagen’s potential broader health benefits. Prior research has shown that collagen supplementation can increase muscle mass and aid in fat loss, particularly in individuals engaged in resistance training. Observations from animal trials have indicated similarly beneficial effects on appetite regulation, further substantiating the role of collagen in weight management.

As the UK grapples with an obesity epidemic—where severe obesity is linked to numerous health issues including type 2 diabetes and various cancers—the need for effective nutritional interventions becomes increasingly critical. Recent statistics highlight that rates of type 2 diabetes have surged by 39% among young people under 40, underlining a pressing public health concern.

Dr. Mogna-Peláez's work posits collagen as a viable and safe nutritional strategy for managing hunger and promoting weight loss, while also suggesting further explorations into its potential gastrointestinal benefits. The results imply that the future of appetite control and weight management may well hinge on simple dietary adaptations rather than solely on pharmaceutical interventions.

In conclusion, as the landscape of weight loss strategies continues to evolve, the integration of collagen into everyday diets through easily accessible products like protein bars could offer a new pathway towards improved health and wellness. The findings of this study encourage a shift in focus towards more equitable, sustainable ways to combat obesity beyond the realm of expensive medications.

### Reference Map

1. Paragraphs 1, 2, 3, 4, 5
2. Paragraph 4
3. Paragraph 6
4. Paragraph 6
5. Paragraph 7
6. Paragraph 7

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