

COLLAGEN

Meaning: Collagen is a structural protein found in connective tissues that provides strength and elasticity to skin and joints.

1. Collagen is a vital protein that helps maintain the structure of our skin and joints.
2. Many beauty products now contain collagen to promote healthier, more youthful-looking skin.
3. As we age, the natural production of collagen in our bodies declines, leading to signs of aging.
4. Athletes often take collagen supplements to support joint health and recovery after intense workouts.
5. Research suggests that collagen can play a significant role in improving gut health and digestion.

Source: sentences.whatistheurl.com

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