

Experts Break Down the Best Time to Take Collagen for Maximum Benefits

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As collagen supplements continue to gain traction in beauty and wellness routines, *Vogue India* has weighed in with expert advice on **when and how to take collagen** to potentially maximise its benefits. Rather than a strict schedule, specialists say **consistency, quality, and personal routine** are key to seeing results.

How Collagen Works

Collagen — the most abundant protein in the body — plays a vital role in maintaining skin’s firmness, hair strength, nail health, and joint flexibility. After the mid-20s, the body’s natural collagen production begins to decline, which has led many people to consider **collagen supplementation** as an anti-ageing or wellness strategy.

Supplements are broken down in the digestive system into amino acids, which may contribute to the body’s own collagen synthesis. Experts note that **consistent intake over time** — rather than timing alone — is crucial for experiencing potential benefits. Some improvements might be noticed within a few weeks, but more pronounced effects typically appear over 2–3 months of daily use.

Timing Options: Morning, Night, or Post-Workout

Rather than prescribing one definitive “best time,” dermatologists and dietitians suggest several options based on lifestyle and goals:

- **Morning on an empty stomach:** Taking collagen first thing may help absorption due to a more acidic digestive environment. For those practising intermittent fasting, this means consuming collagen just after the fast ends.
- **Before bedtime:** Because the body repairs and regenerates tissues overnight, some experts propose that taking collagen before sleep could support this natural process.
- **Post-workout:** Collagen’s role in muscle and joint support makes post-exercise intake another popular choice.

For individuals with sensitive stomachs, consuming collagen **with meals** is also recommended, as the digestive enzymes active during eating can support absorption without discomfort.

Boosting Absorption and Choosing the Right Type

Pairing collagen with **vitamin C** — found in foods like citrus fruits — can further aid the body’s ability to synthesise its own collagen. Experts also recommend looking for **hydrolysed collagen (collagen peptides)** on labels, as these smaller molecules are generally easier to digest and absorb. Marine-sourced collagen is often praised for its similarity to

human collagen, though those with seafood allergies may prefer bovine sources.

Consistency Over Clock Time

The overarching guidance from specialists is clear: **establishing a routine and taking collagen regularly is more important than finding a perfect hour of the day to consume it.** Whether it's added to morning coffee or taken as a bedtime ritual, making it part of a daily habit improves the likelihood of long-term results.

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