



Coffee: An ideal drink for collagen peptide benefits

Two-thirds of U.S. adults drink coffee each day.¹ But coffee has untapped potential beyond caffeine and energy. **When coupled with collagen, coffee products help support a broad range of benefits, like beauty, active lifestyle, and cognitive performance.^{2,3}** And people are growing more and more interested. In 2024, Nextin Research found that one in four U.S. supplement consumers who had taken a collagen supplement said they find coffee appealing as a functional beverage.⁴

However, coffee is rich in polyphenols. These natural compounds are known to interact with proteins, which poses the question: **Since collagen is a pure protein, does coffee affect its bioavailability?⁵**

Investigating collagen's absorption in coffee

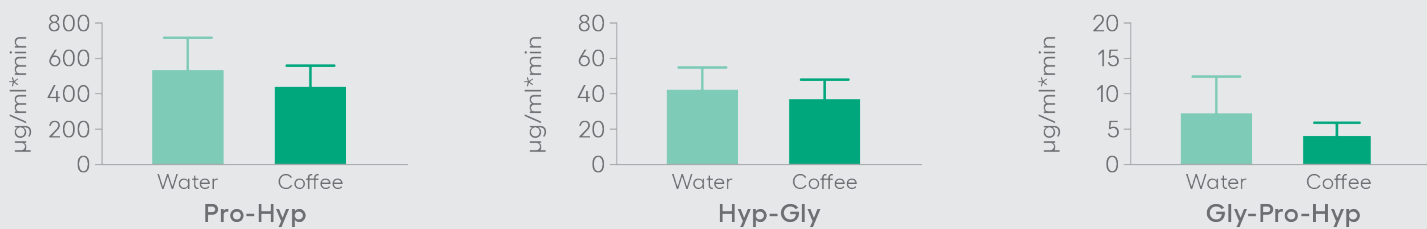
A group of healthy adults (ages 19–50) consumed 10 grams of Peptan® collagen peptides in water. After a 7-day wash-out phase, the same participants drank Peptan in coffee. Both times, researchers measured the levels in the bloodstream of three key peptides found in collagen: proline-hydroxyproline (Pro-Hyp), hydroxyproline-glycine (Hyp-Gly), and glycine-proline-hydroxyproline (Gly-Pro-Hyp). Hydroxyproline-carrying dipeptides, in particular, are a marker for collagen bioavailability and bioactivity.^{6,7}

Blood samples revealed that **the bioavailability of these peptides is not affected by the complex coffee matrix⁷** (Fig 1). These findings show promise for a new wave of functional coffee beverages formulated with collagen.

One in four U.S. collagen supplement consumers find coffee appealing as a functional beverage.⁴



Fig 1 | Differences in absorption of key di- and tripeptides were not found to be statistically significant



Bioavailability of selected collagen peptides after oral ingestion of 10 g Peptan B 2000 dissolved in 200 ml of water or a cup of instant coffee, respectively, measured by UPLC-MS/MS and calculated by iAUC0-360 min.



Science-backed benefits

In peer-reviewed scientific studies, Peptan has been observed to provide benefits around:

Since collagen is the most abundant protein in the body, the possibilities for functional products are wide-ranging.⁸



Combine consumers' favorite daily drink with a versatile, easy-to-formulate ingredient like Peptan:

- Instant hot and cold water solubility
- A pure protein ingredient (sugar- and fat-free)
- Temperature, pH, and shelf-life stable

Behind the benefits*

As a highly bioactive ingredient, Peptan is digested by the body and breaks down into:⁶

57%

free hydroxyproline (Hyp), working as building blocks

43%

di- and tripeptides containing Hyp, acting as bioactive messengers in all body tissues, hence Peptan's holistic potential

*As measured in water

All cited sources can be found here



Peptan.com
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