

The Collagen Cheat Sheet for Your 40s

From your research-obsessed BFF · @nosecretswellness

01 Feed your fibroblasts

Your fibroblasts are the cells that make collagen, your skin's tiny collagen factories. They need raw materials.

- **Protein:** aim for 25–30g at every meal. This is where your building blocks come from.
- **Collagen powder:** fine as a backup, but it's not the fix on its own.

02 Vitamin C: the one everyone misses

Your body literally cannot make collagen without it.

- **Eat it daily:** citrus, berries, bell peppers, kiwi.
- **Use a serum in the morning:** look for L-ascorbic acid at 10–20%, ideally with vitamin E and ferulic acid.
- Keep it in a dark bottle away from light, and toss it if it turns orange-brown.

03 Wake up your fibroblasts

As we age, these factories slow down. These are the signals that get them working again.

- **Copper peptide:** use it at night, not at the same time as your vitamin C, since they don't play well together.
- **Retinoid:** at night too. Start 2–3 nights a week. If your skin is sensitive, alternate retinoid and copper nights.

04 Zinc: the quiet helper

Zinc helps your body build and repair collagen.

- **Here's the one I use:** tap to shop
- Take it with food so it doesn't upset your stomach.
- **More isn't better:** high doses over time lower your copper, the very thing we're trying to support.

05 SPF: protect what you've got

The sun breaks down collagen faster than anything else.

- **Every single day:** broad-spectrum SPF 30+, even when it's cloudy and even indoors by windows.
- Put it on after your vitamin C serum. They work better together.

06 Skip this

- Collagen creams that promise to "add collagen." They hydrate, but they can't replace what you've lost.

Coming soon: my full vitamin C serum breakdown. Follow @nosecretswellness so you don't miss it.

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