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Effect of oral ingestion of low-molecular collagen peptides derived from skate (raja kenojei) skin on body fat in overweight adults: a randomized, double-blind, placebo-controlled trial

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Recent animal studies found the potential that collagen peptide derived from skate skin have anti-obesity effects through suppression of fat accumulation and regulation of lipid metabolism. However, no studies have yet been performed in human. Here, this very first human study randomized, placebo-controlled, and double-blinded was designed to investigate the efficacy and tolerability of skate skin collagen peptides (SCP) for reduction of body fat in overweight adults. Ninety healthy volunteers (17 men) aged 41.2 ± 10.4 years with mean body mass index of 25.6 ± 1.9 kg/m2 were assigned to the intervention group (IG) which received 2,000 mg of SCP per day or to the control group (CG) given placebo for 12 weeks and 81 (90%) participants completed the study. Changes in body fat were evaluated using dual energy X-ray absorptiometry as a primary efficacy endpoint. After 12 weeks of trial, the percentage of body fat and body fat mass (kg) in IG were found to be significantly better than those of subjects in CG (-1.2% vs. 2.7%, p=0.024 and -1.2 kg vs. 0.3 kg, p=0.025). Application of SCP was well tolerated, and no notable adverse effect was reported from both groups. These results suggest the beneficial potential of SCP in reduction of body fat in overweight adults.

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