



Efficacy & Tolerance Study of Collagen Powder Blend After 60 Days of Use Under Dermatologist Supervision

Collagen Powder Blend · J.S. Hamilton Poland, Gdańsk · Report No. 251570-1/24

REPORT DATE

22 July
2024

**INVESTIGATING
CENTRE**

J.S. Hamilton
Poland
Gdańsk, Poland

DURATION

60 days
Once daily use

PARTICIPANTS

100
subjects
18+, all
skin/hair types

STUDY TYPE

Use Test +
Instrumental
Dermatologist
supervised

STUDY OBJECTIVE

To evaluate the tolerance and efficacy of Collagen Powder Blend after 60 consecutive days of daily use. Endpoints covered skin moisture, firmness, elasticity and wrinkle reduction; hair shine and thickness; nail strength; and joint comfort — assessed through a certified subjective questionnaire under dermatologist supervision and independently verified instrumental measurements.

METHODOLOGY

Study Design	Single-centre use test with instrumental measurements; subjects as own control
Participants	100 healthy subjects (18+), all genders, all skin, hair and scalp types
Intervention	Collagen Powder Blend, once daily, at home; dermatologist examination at DO, D28, D60
Instrumental devices	Corneometer® CM 825 · Tewameter® TM 300 · Cutometer® MPA 580 · SkinGlossMeter® SGM 1065 · Aramo ASW® 300F · Primos 3D Lite
Sponsor / Monitor	Biostile d.o.o., Komen, Slovenia · Matej Strelec
Main Investigator	Berenika Olszewska, MD, PhD (Dermatologist, Reg. N° 2880077)
Ethical Approval	Internal committee of J.S. Hamilton Poland — 26 April 2024
Report Reference	No. 251570-1/24/SLV/GDA/PK · Completed 10 July 2024

INSTRUMENTAL MEASUREMENTS – KEY RESULTS AT DAY 60

● SKIN



● WRINKLES (PRIMOS 3D LITE)



● HAIR



SUBJECTIVE QUESTIONNAIRE RESULTS — 100 SUBJECTS

● SKIN

81%	softer and smoother skin to the touch	78%	visibly improved texture and reduced roughness
72%	more radiant and healthy-looking skin	71%	visibly firmer skin
71%	improved skin elasticity	69%	more youthful and plump appearance
69%	faster skin recovery from minor injuries	69%	reduced skin peeling
67%	reduction of fine lines	57%	reduced appearance of dark circles under eyes
55%	reduced acne and redness	43%	reduced appearance of deeper wrinkles

● HAIR

70%	reduced hair loss	70%	shinier and healthier-looking hair
67%	stronger and more elastic hair, less breakage	66%	supported hair growth
66%	smoother hair to the touch	66%	improved scalp health
62%	greater hair softness	56%	increased hair volume and fullness

● NAILS & JOINTS

74%	stronger nails, reduced breakage and splitting	71%	improved nail appearance and shine
71%	smoother and shinier nail surface	68%	greater joint mobility and flexibility
67%	more comfortable joints during daily activities	67%	reduced joint stiffness after physical activity
66%	reduced morning joint stiffness	61%	reduced joint swelling

OVERALL SATISFACTION

73%

Overall satisfaction with the product

71%

Would recommend to friends

64%

Intend to purchase again

62%

Noticed improvement in overall well-being

- ✓ The product was **very well tolerated** by all 100 subjects throughout the 60-day study period. No serious adverse events were recorded. The study was conducted under full supervision of dermatologist Berenika Olszewska, MD, PhD, in compliance with GCP (ICH E6), the Declaration of Helsinki, and Regulation (EC) No. 1223/2009 on cosmetic products.

CONCLUSION

After 60 days of daily use, Collagen Powder Blend demonstrated instrumentally confirmed improvements in skin firmness (+15%), elasticity (+9%) and wrinkle count (-13%), alongside a +23% increase in hair shine and +14% in hair thickness. All declared product properties were confirmed by both subjective and instrumental testing, with excellent tolerability across 100 subjects under certified dermatologist supervision.

¹ Certified clinical study by J.S. Hamilton Poland Sp. z o.o., Gdańsk, Poland (Report No. 251570-1/24/SLV/GDA/PK). 100 subjects, 18+, all genders. Duration: 60 days, once daily use. Study period: 07.05.2024 – 10.07.2024. Main Investigator: Berenika Olszewska, MD, PhD (Reg. N° 2880077). Sponsor: Biostile d.o.o., Komen, Slovenia. Subjective results: percentage of subjects reporting a positive effect (threshold: >50%). Instrumental results: mean values measured on a subsample of 22 subjects at D0, D28, D60 under controlled conditions (20±2°C, 50±10% RH). Individual results may vary. This is a food supplement and does not replace a balanced diet.