

Natural Collagen

Support Through Nutrition

Supporting your body's natural collagen production through nutrient-dense foods is a safe, effective approach that works with your body's own processes.

Why Food-Based Collagen Support?

Your body naturally produces collagen when given the right building blocks. By providing these nutrients through food, you support:

- Healthy skin elasticity and hydration
- Strong joints and connective tissue
- Wound healing and tissue repair
- Natural anti-aging processes

Vitamin C-Rich Foods

Essential for collagen synthesis - your body cannot make collagen without vitamin C

Fruits

- **Citrus:** Oranges, lemons, limes, grapefruit
- **Berries:** Strawberries, kiwi fruit, blackcurrants, blueberries
- **Tropical:** Papaya, mango, pineapple, guava
- **Other:** Cantaloupe, honeydew melon

Vegetables

- **Capsicum:** Red, yellow, and orange capsicum (highest vitamin C)
- **Cruciferous:** Broccoli, Brussels sprouts, cauliflower, cabbage
- **Leafy greens:** Kale, spinach, rocket, parsley
- **Other:** Tomatoes, snow peas, sweet potato

Daily Goal: Include 2-3 vitamin C-rich foods daily

Zinc & Copper-Rich Foods

Essential cofactors for collagen formation

Zinc Sources

- Pumpkin seeds, hemp seeds, sesame seeds
- Cashews, pine nuts, almonds
- Chickpeas, lentils, black beans
- Dark chocolate, tahini

Copper Sources

- Cashews, almonds, walnuts, pecans
- Dark leafy greens, avocado
- Mushrooms (shiitake, portobello)
- Dark chocolate, cacao

Daily Goal: Include 1-2 zinc-rich foods and 1-2 copper-rich foods

Silica-Rich Foods

Supports skin structure and connective tissue strength

Vegetables & Fruits

- **Cucumber** (eat with skin on)
- **Bell peppers**
- **Bananas**
- **Mango**
- **Green beans**
- **Asparagus**

Whole Grains

- **Oats** (steel-cut or rolled)
- **Brown rice**
- **Millet**
- **Barley**

Herbal Teas

- **Horsetail tea** (highest silica content)
- **Nettle tea**
- **Bamboo tea**

Other Sources

- **Natural spring water**

Daily Goal: Include cucumber or other silica-rich vegetables, plus herbal tea

Amino Acids for Collagen Production

The building blocks of collagen

Glycine Sources

- Spirulina, seaweed
- Pumpkin seeds, sesame seeds
- Legumes, lentils

Proline Sources

- Asparagus
- Mushrooms
- Cabbage, cucumber
- Chives, onions

Daily Goal: Include a variety of complete proteins throughout the day

Easy Daily Additions:

- ❖ Start your day with **lemon water** (vitamin C)
- ❖ Add **pumpkin seeds** to salads or smoothies (zinc)
- ❖ Snack on **cucumber slices** with hummus (silica)
- ❖ Enjoy **herbal teas** throughout the day

Important Notes

Quality Matters

- **Choose organic** when possible
- **Fresh, seasonal produce** for maximum vitamin content

Realistic Expectations

- **Results take time:** Natural collagen support works gradually over months
- **Consistency matters:** Regular intake is more important than large amounts
- **Whole foods approach:** Variety and balance provide the best results

This handout provides general nutritional guidance and should not replace professional medical advice. Always consult with your healthcare provider before making significant dietary changes, especially if you have health conditions or take medications.

Janaya Karloci

NATUROPATH & DIRECTOR

📞 +61 415 575 788

✉ wellness@janayakarlocinaturopath.com.au

🌐 www.janayakarlocinaturopath.com.au

📍 NSW, Australia



JANAYA KARLOCI
Naturopath