

THE 40+ COLLAGEN CLARITY GUIDE

Understanding structural
Skin Changes After 40



A Science-based Introduction to Collagen
Decline & Skin Structure
CREATED BY A CLINICAL PROFESSIONAL
EDUCATIONAL PURPOSES ONLY

Why Skin Changes After 40

IF YOU'VE NOTICED:

- THINNING SKIN
- LOSS OF FIRMNESS
- CREPEY TEXTURE
- FINE LINES DEEPENING
- SLOWER RECOVERY

YOU'RE NOT IMAGINING IT..

AFTER 40, STRUCTURAL SHIFTS OCCUR
BENEATH THE SURFACE

- COLLAGEN PRODUCTION NATURALLY DECLINES
- HORMONAL SHIFTS INFLUENCE DERMAL DENSITY
- REPAIR CYCLES LENGTHEN

THIS GUIDE EXPLAINS WHAT'S HAPPENING-----CALMLY AND CLEARLY.

What Collagen Actually Does

COLLAGEN IS THE PRIMARY
STRUCTURAL PROTEIN IN
YOUR SKIN.

IT PROVIDES:

- FIRMNESS
- ELASTIC SUPPORT
- RESILIENCE
- STRUCTURAL
INTEGRITY

THINK OF COLLAGEN AS THE
FRAMEWORK BENEATH THE
SURFACE.

WHEN THAT FRAMEWORK WEAKENS,
SKIN FOLDS MORE EASILY.

Why Collagen Declines After 40

THERE ARE FOUR MAIN
DRIVERS:

- REDUCED FIBROBLAST
ACTIVITY
- ESTROGEN DECLINE
- INCREASED OXIDATIVE STRESS
- ACCUMULATED UV EXPOSURE

THESE ARE BIOLOGICAL CHANGES
NOT SKINCARE MISTAKES.

Hormones & Collagen

ESTROGEN SUPPORTS COLLAGEN
PRODUCTION.

DURING PERIMENOPAUSE AND
MENOPAUSE:

- ESTROGEN DECLINES
- DERMAL THICKNESS
REDUCES
- ELASTICITY CHANGES

STUDIES SUGGEST COLLAGEN
LOSS CAN ACCELERATE DURING
EARLY MENOPAUSE.

THIS IS STRUCTURAL BIOLOGY...NOT
COSMETIC FAILURE.

Inflammation & Collagen Breakdown

CHRONIC LOW-GRADE
INFLAMMATION INCREASES
ENZYMES THAT DEGRADE
COLLAGEN.

CONTRIBUTORS INCLUDE:

- CHRONIC STRESS
- POOR SLEEP
- HIGH SUGAR INTAKE
- UV EXPOSURE

YOU CANNOT OUT-SERUM CHRONIC
INFLAMMATION.

Glycation: Sugar & Collagen

EXCESS GLUCOSE BINDS TO
COLLAGEN FIBERS.

THIS FORMS COMPOUNDS
CALLED AGE 'S (ADVANCED
GLYCATION END PRODUCTS).

COLLAGEN BECOMES:

- STIFFER
- LESS FLEXIBLE
- MORE FRAGILE

THIS CONTRIBUTES TO LOSS OF
BOUNCE AND ELASTICITY

Can Collagen be Supported?

COLLAGEN DECLINE IS NATURAL.

BUT THE RATE OF DECLINE IS INFLUENCED BY:

- PROTEIN INTAKE
- VITAMIN C AVAILABILITY
- SLEEP QUALITY
- SUN PROTECTION
- CONSISTENT SKINCARE ROUTINE

SUPPORT IS POSSIBLE.
REVERSAL CLAIMS ARE NOT THE GOAL.
LONGEVITY IS...

Supplements a Calm Perspective

HYDROLYZED COLLAGEN
BREAKS INTO PEPTIDES.

THESE PEPTIDES MAY SIGNAL
COLLAGEN PRODUCTION
PATHWAYS.

HOWEVER;

SUPPLEMENTS ARE
SUPPORTIVE.... NOT MAGIC.

THEY WORK BEST ALONGSIDE
LIFESTYLE STRUCTURE.

The 90 Day Mindset

STRUCTURAL CHANGE
REQUIRES TIME.

COLLAGEN REMODELING TAKES
WEEKS.

IF YOU WANT VISIBLE
IMPROVEMENT;

THINK IN 90 DAY CYCLES.
NOT 7 DAY HACKS.

What Most Women Get Wrong

JUMPING BETWEEN PRODUCTS.

CHASING TRENDS

OVER-EXFOLIATING.

IGNORING INFLAMMATION.

STRUCTURE MATTERS MORE THAN
VOLUME.

Your Next Step

IF YOU WANT A FULL
STRUCTURED 90 DAY
FRAMEWORK FOR COLLAGEN
SUPPORT, INFLAMMATION
AWARENESS, AND INGREDIENT
STRATEGY:

EXPLORE THE SKIN LONGEVITY
OPTIMIZATION PROGRAM.

LINK BELOW.

EDUCATIONAL PURPOSES ONLY.