

# Collagen supplementation for tendon health

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<b>Registration date</b> 06/10/2023	<b>Overall study status</b> Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 26/05/2026	<b>Condition category</b> Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Tendons transfer the force exerted by the corresponding muscle to bones and, therefore, are vital components of human locomotion. Tendon injury is very common, both in athletes and the general population. Once injured, tendons recover very poorly, resulting in a decrease in quality of life for the patient and a substantial burden on the health care system. Therefore, interventions that can aid in the prevention or treatment of tendon injury are warranted. The growth of all tissues, including tendons, is regulated by the net difference between protein synthesis and protein breakdown rates. Protein ingestion stimulates protein synthesis. Collagen is the main protein in human connective tissues, including tendons. The amino acids glycine and proline are the main building blocks of endogenous collagen and vitamin C serves as a co-factor in the synthesis and release of novel collagen proteins. Hence, dietary collagen may be the preferred protein source to deliver high amounts of glycine and proline and, together with vitamin C, maximize collagen synthesis in the tendon. However, no evidence is available on the effect of vitamin C-enriched collagen supplementation on human tendon protein synthesis. Hence, the main objective of the current study is to assess the impact of dietary collagen supplementation on human tendon protein synthesis.

### Who can participate?

Adults aged between 18 and 40 years old attending the Department of Orthopedics from the participating hospital for planned anterior cruciate ligament (ACL) reconstruction with hamstring autograft

### What does the study involve?

Participants need to ingest a test drink twice daily (100 mL per dose), perform 5 minutes of low-intensity exercise twice daily, ingest deuterium oxide (20 mL) daily, and provide a saliva sample daily, for seven days.

### What are the possible benefits and risks of participating?

Benefits not provided at time of registration. The burden and risks involved in participating in this experiment are limited. The ingestion of deuterium oxide has been applied in numerous published studies and is entirely safe and non-toxic in the amounts provided in the present study. Tissue collection will occur during ACL surgery, which is already planned as part of the participants' course of treatment. A graft of the hamstring tendon will be used for ACL reconstruction, and a sample will be obtained under anesthesia during the standard surgical

procedure. The tissue is extracted during the standard procedure, meaning that patients will not take on any extra burden by participating in this study. Two additional blood samples (2 x 10 mL) will be obtained before and after the experimental period.

Where is the study run from?

HAN University of Applied Sciences (The Netherlands)

When is the study starting and how long is it expected to run for?

February 2023 to July 2026

Who is funding the study?

HAN University of Applied Sciences (The Netherlands)

Who is the main contact?

Dr Jan-Willem van Dijk, JanWillem.vanDijk@han.nl (The Netherlands)

## Contact information

### Type(s)

Public, Scientific, Principal investigator

### Contact name

Dr Jan-Willem van Dijk

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### Contact details

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## Additional identifiers

### Protocol serial number

NL84264.096.23

## Study information

### Scientific Title

The effect of collagen supplementation on human tendon protein synthesis

### Acronym

COL-TEN

## **Study objectives**

The main objective of the current study is to assess the impact of dietary collagen supplementation on human tendon protein synthesis.

## **Ethics approval required**

Ethics approval required

## **Ethics approval(s)**

approved 30/05/2023, Medical Ethical Review Commission METC Zuyderland (Secretariaat, T3 Heerlen, Postbus 5500, Sittard, 6130 MB, Netherlands; +31 (0)88 4590129; metc@zuyderland.nl), ref: METCZ20230038

## **Study design**

Double-blind randomized controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Efficacy

## **Health condition(s) or problem(s) studied**

Tendon protein synthesis in otherwise healthy males and females scheduled for anterior cruciate ligament (ACL) surgery.

## **Interventions**

The study involves two parallel groups: an intervention group and a control group:  
Intervention: A vitamin C-containing collagen supplement (20 g per dose) will be ingested as a drink (100 mL of water mixed with 20 g of collagen powder) twice daily for 7 days, once at breakfast and once before sleep.  
Control: A vitamin C-enriched maltodextrin will be used as an isocaloric placebo.

Using a computer random number generator, participants will be randomly allocated to the intervention group or the placebo group on a 1:1 ratio, stratified by sex. This study has a double-blind design, with both participants and researchers blinded to treatment allocation. A member of our research group will create the randomization list.

The intervention providers are an experienced lab technician with a background in chemistry and a researcher with a background in human movement sciences. The intervention is a food-grade supplement which will be provided to the participant by the researcher. Vitamin C-enriched collagen or maltodextrin supplementation will be administered at a twice daily dose of 20 g (40 g per day), as an oral supplement of 100 ml per drink. The participant mixes the dose of powder with tap water at home. After stirring the mixture for 10 seconds, the participant drinks the mixture.

Intervention occurs at the participant's home. Surgery will occur in the hospital. Participants will be visited once at their home for baseline measurements. The second study visit will take place at the hospital before surgery.

## **Intervention Type**

Supplement

**Primary outcome(s)**

Tendon tissue protein synthesis rate, expressed as fractional synthesis rate (FSR, %/d), will be measured for 7 days prior to surgery. To calculate FSR, the standard precursor-product method will be used. Tendon protein synthesis rates will be calculated from:

1. Saliva 2H enrichment (i.e., precursor)
2. Tissue protein-bound enrichment 2H-alanine
3. Plasma albumin enrichment 2H-alanine

**Key secondary outcome(s)**

Ligament in muscle protein synthesis rate, expressed as fractional synthesis rate (FSR, %/d), will be measured for 7 days prior to surgery. To calculate FSR, the standard precursor-product method will be used. Tendon protein synthesis rates will be calculated from:

1. Saliva 2H enrichment (i.e., precursor)
2. Tissue protein-bound enrichment 2H-alanine
3. Plasma albumin enrichment 2H-alanine

**Completion date**

01/12/2026

**Eligibility****Key inclusion criteria**

1. Otherwise healthy male and female volunteers
2. Aged 18 to 40 years old
3. Recruited from patients attending the Department of Orthopedics from the participating hospital
4. Planned for ACL reconstruction with hamstring autograft
5. BMI  $\geq 18.5$  and  $\leq 27.5$  kg/m<sup>2</sup>

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

40 years

**Sex**

All

**Total final enrolment**

0

## **Key exclusion criteria**

1. Blood donation during the study period or during the last 2 months
2. Pregnancy
3. Third-generation oral contraceptives
4. Currently smoking
5. Consumption of >21 alcoholic beverages per week
6. Use of any medications known to affect protein metabolism (i.e. corticosteroids, non-steroidal anti-inflammatories, or prescribed acne medications)
7. Regular use of protein or other nutritional supplements (including vitamins).
8. Reported slimming or medically prescribed diet
9. Use of antibiotics in the past month
10. Current participation in another biomedical research study

## **Date of first enrolment**

28/02/2024

## **Date of final enrolment**

01/12/2026

## **Locations**

### **Countries of recruitment**

Netherlands

### **Study participating centre**

**HAN University of Applied Sciences**

Heyendaalseweg 141

Nijmegen

Netherlands

6525 AJ

### **Study participating centre**

**Maxima Medical Center**

Dominee Theodor Fliednerstraat 1

Eindhoven

Netherlands

5631 BM

## **Sponsor information**

### **Organisation**

HAN University of Applied Sciences

**ROR**

<https://ror.org/0500gea42>

## **Funder(s)**

### **Funder type**

University/education

### **Funder Name**

HAN University of Applied Sciences

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study are/will be available upon request. Upon reasonable request by other researchers, raw data (Excel file) will be made available after the publication of the scientific reports. Data can be used for scientific peer review or meta-analytic procedures. Data will be fully anonymized. Access to the datasets is via [JanWillem.vanDijk@han.nl](mailto:JanWillem.vanDijk@han.nl).

### **IPD sharing plan summary**

Available on request