Collagen Supplements Test Positive for Heavy Metals

The Organic Consumers Association and the Clean Label project recently tested 28 top-selling collagen supplement brands sold through Amazon. The results from testing show that 64% of supplements tested positive for measurable levels of arsenic, 37% tested positive for measurable levels of lead, 34% tested positive for trace levels of mercury, and 17% tested positive for measurable levels of cadmium.

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Consumers should be concerned if they are regularly taking collagen supplements, as heavy metals even in low levels can cause organ damage, and some heavy metals are known carcinogens.

> *Despite labeling claims such as "Pure," "All-Natural" and "Cleanest Nutrition Possible," and deceiving images of grazing cows, open pastures and cage-free chickens on packaging and websites, most collagen peptide supplements are derived from industrial factory farms—and many collagen products contain heavy metals.*
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> *Consumer Beware: These Popular Collagen Supplements Contain Heavy Metals*

Many people begin taking collagen supplements as they get older because lower collagen levels can cause wrinkles stiff joints and other health problems associated with old age. Collagen is made ground up animal byproduct that is turned into gelatin and then broken down into smaller peptides to be more easily absorbed by the body. Animals raised on industrial factory farms frequently come into contact with heavy metals, oftentimes through their food and drinking water.

In the original article published by Organic Consumers, you can read a full list of products tested.

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