

COLLAGEN SUPPLEMENT EVIDENCE SCORECARD

Use this scorecard to evaluate the overall quality and credibility of a collagen supplement.

CRITERIA	WHAT TO LOOK FOR	POINTS	YOUR SCORE
 1. SOURCE QUALITY	High-quality, ethically sourced (marine, bovine, or chicken). Clear labeling of source.	/20	____/20
 2. COLLAGEN TYPE & FORM	Appropriate collagen type(s) for the intended benefit. Hydrolyzed peptides or UC-II® when appropriate.	/20	____/20
 3. INGREDIENT TRANSPARENCY	Simple, clean ingredient list. No proprietary blends. No unnecessary fillers or additives.	/15	____/15
 4. THIRD-PARTY TESTING	Verified by third-party testing for purity, potency, and safety (NSF, Informed-Sport, ConsumerLab, or similar).	/15	____/15
 5. EFFECTIVE DOSE	Provides research-backed effective dosage (5–15 g hydrolyzed collagen or 40 mg UC-II®).	/15	____/15
 6. VALUE & COST	Fair price for quality and effective dose. Good value over time.	/10	____/10
 7. RESEARCH SUPPORT	Backed by human clinical studies for the claimed benefits.	/5	____/5



SCORING GUIDE:

90–100 = **EXCELLENT**
Top quality choice

75–89 = **GOOD**
Solid choice

60–74 = **FAIR**
Meets basic standards

BELOW 60 = **POOR**
Look for a better option

TOTAL SCORE

____/100