Asa matcha

Matcha + Collagen Blend ‘Well Aged’

A unique functional blend by Asa matcha: ceremonial matcha from Shizuoka, Japan, with VERISOL® bioactive collagen peptides

Asa Life B.V.
Generaal Vetterstraat 85C
1059 BT Amsterdam

Composition

Well Aged is a functional blend of two ingredients and nothing else: no sugar, sweeteners, flavourings or fillers.

Ingredient	Share	Per serving (5 g)
VERISOL® B bioactive collagen peptides (bovine)	60%	3.0 g
Ceremonial matcha (Shizuoka, Japan)	40%	2.0 g

The collagen is neutral in taste and odour, so Well Aged tastes and looks like matcha. Not organic. Not suitable for vegetarians or vegans.

What is VERISOL®?

VERISOL® is a branded collagen ingredient developed in Germany by a specialist in collagen proteins. It consists of specific Bioactive Collagen Peptides®: collagen that has been broken down into small peptides with an average molecular weight of about 2 kDa. The VERISOL® B grade in Well Aged is made from bovine collagen.

As an ingredient, VERISOL® B is a light ivory powder that is practically pure protein (91–95%), low in minerals, and almost free of fat, cholesterol, carbohydrates and dietary fibre. It dissolves readily in both cold and warm water, which is why it blends seamlessly into a matcha latte or an iced matcha.

Scientific research on VERISOL®

VERISOL® has been investigated in several human studies published in peer-reviewed scientific journals. Below is a summary of the key studies. All studies used a daily intake of 2.5 g VERISOL®. The studies were carried out with the VERISOL® ingredient on its own, not with Well Aged.

Skin: hydration, elasticity and wrinkles (2025)

Proksch E. et al. (2025). Cosmetics, 12(2), 79. doi.org/10.3390/cosmetics12020079

Study design: Double-blind, placebo-controlled study in women who took 2.5 g of bovine-derived VERISOL® or a placebo daily for 8 weeks. This is the same bovine form of VERISOL® that is used in Well Aged.

Results: After 4 and 8 weeks, skin hydration and skin elasticity were significantly higher and eye wrinkle volume was significantly lower in the VERISOL® group than in the placebo group. After 8 weeks, skin hydration had increased by 29% compared to the start of the study, and was 26% higher than in the placebo group.

Skin: wrinkles and collagen in the skin (2014)

Proksch E. et al. (2014). Skin Pharmacology and Physiology, 27(3), 113–119.

Study design: Double-blind, placebo-controlled study in women who took 2.5 g VERISOL® or a placebo daily for 8 weeks.

Results: After 4 weeks, eye wrinkle volume in the VERISOL® group was more than 7% lower than in the placebo group; after 8 weeks the difference was 20%. The amount of procollagen type I and elastin in the skin was significantly higher after 8 weeks compared to placebo.

Hair thickness (2020)

Oesser S. et al. (2020). Nutrafoods, 2020(1), 134–138.

Study design: Placebo-controlled study in 44 healthy women aged 39 to 75, who took 2.5 g VERISOL® or a placebo daily for 16 weeks.

Results: Hair thickness increased significantly in the VERISOL® group (on average +1.93 µm), while it decreased slightly in the placebo group (–0.99 µm).

Nail growth and brittle nails (2017)

Hexsel D. et al. (2017). Journal of Cosmetic Dermatology, 16(4), 520–526.

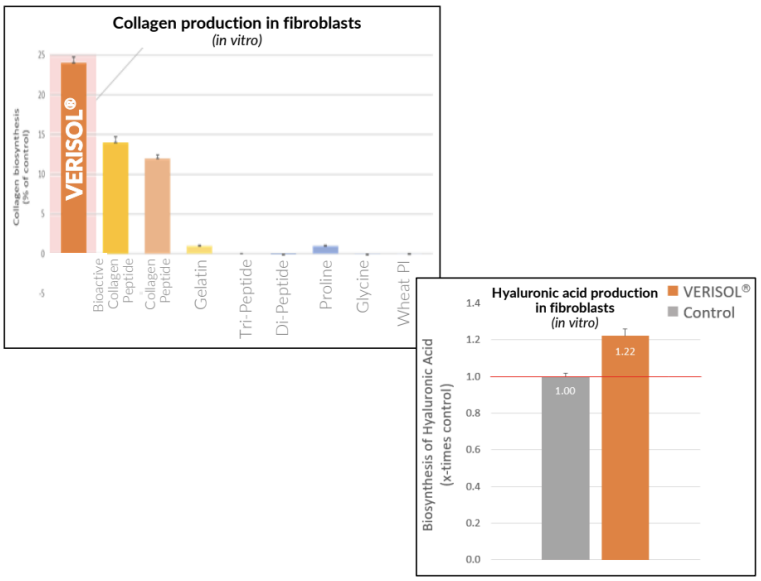
Study design: Open-label study (without a placebo group) in 25 participants with brittle nails, who took 2.5 g VERISOL® daily for 24 weeks.

Results: Nail growth increased by 12% and the frequency of broken nails decreased by 42%. 64% of participants showed an overall clinical improvement of their brittle nails.

Laboratory research (in vitro)

Source: internal research by the manufacturer of VERISOL®.

In laboratory tests, human skin cells (fibroblasts) were exposed to VERISOL® and to other collagen peptides, gelatin and single amino acids. The cells exposed to VERISOL® produced more collagen than with any of the other substances tested. In a second test, the production of hyaluronic acid by the cells was 22% higher with VERISOL® than in the untreated control.



These results come from tests on cells in the laboratory and cannot be directly translated to effects in the human body.

Published clinical studies

Overview of the published human studies with VERISOL®:

- Proksch E. et al. (2025). The oral intake of specific bovine-derived Bioactive Collagen Peptides has a stimulatory effect on dermal matrix synthesis and improves various clinical skin parameters. *Cosmetics*, 12(2), 79. https://doi.org/10.3390/cosmetics12020079
- Oesser S. et al. (2020). The oral intake of specific Bioactive Collagen Peptides has a positive effect on hair thickness. *Nutrafoods*, 2020(1), 134–138.
- Proksch E. et al. (2020). Positive effect of fish-derived Bioactive Collagen Peptides on skin health. *Nutrafoods*, 2020(1), 127–133.
- Hexsel D. et al. (2017). Oral supplementation with specific bioactive collagen peptides improves nail growth and reduces symptoms of brittle nails. *Journal of Cosmetic Dermatology*, 16(4), 520–526.
- Schunck M. et al. (2015). Dietary supplementation with specific collagen peptides has a body mass index-dependent beneficial effect on cellulite morphology. *Journal of Medicinal Food*, 18(12).
- Proksch E. et al. (2014). Oral intake of specific Bioactive Collagen Peptides reduces skin wrinkles and increases dermal matrix synthesis. *Skin Pharmacology and Physiology*, 27(3), 113–119.
- Proksch E. et al. (2013). Oral supplementation of specific collagen peptides has beneficial effects on human skin physiology: a double-blind, placebo-controlled study. *Skin Pharmacology and Physiology*, 27(1), 47–55.

Earlier studies were partly carried out with VERISOL® from other collagen sources. Study results describe averages across the study groups. Well Aged is a food product and is not intended to prevent or treat any condition.

Quality standards of the collagen

According to the manufacturer, VERISOL® B is produced in accordance with:

Standard / regulation	What it covers
FSSC 22000	Internationally recognised food safety certification
ISO 9001	Quality management system
HACCP	Food safety risk control throughout production
Regulation (EC) 852/2004	EU hygiene rules for foodstuffs
Regulation (EC) 853/2004	EU hygiene rules for food of animal origin
Regulations (EC) 1829/2003 and 1830/2003	No GMO labelling required

Nutritional profile of VERISOL® B

Typical values for the collagen ingredient, per 100 g, as stated by the manufacturer.

Nutrient	Per 100 g
Energy	1,581 kJ / 372 kcal
Fat	0 g
of which saturates	0 g
Carbohydrates	0 g
of which sugars	0 g
Protein	93.0 g
Salt	0.5 g
Cholesterol	0 g

Amino acid composition

Collagen has a characteristic amino acid profile, rich in glycine, proline and hydroxyproline. Typical values per 100 g of protein:

Amino acid	g / 100 g protein	Amino acid	g / 100 g protein
Glycine	22.1	Leucine	2.7
Proline	12.6	Valine	2.4
Hydroxyproline	11.9	Phenylalanine	2.1
Glutamic acid	10.2	Threonine	1.8
Alanine	8.6	Hydroxylysine	1.6
Arginine	7.3	Isoleucine	1.4
Aspartic acid	5.8	Histidine	1.0
Lysine	3.6	Methionine	0.9
Serine	3.2	Tyrosine	0.8

Purity of the collagen

Maximum values for contaminants and micro-organisms, as stated in the manufacturer’s technical data for VERISOL® B.

Parameter	Maximum value
Heavy metals	
Lead	≤ 0.5 mg/kg
Cadmium	≤ 0.10 mg/kg
Mercury	≤ 0.02 mg/kg
Arsenic	≤ 0.7 mg/kg
Microbiology	
Total aerobic count	< 1,000 cfu/g
Yeasts and moulds	< 100 cfu/g
E. coli	Absent in 10 g
Salmonella	Absent in 25 g

Allergens and dietary information

	Well Aged
EU allergens (Regulation (EU) 1169/2011)	The collagen contains none of the 14 major allergens
Gluten / milk / soy / nuts	Not present in the collagen
Animal origin	Yes, bovine collagen
Vegetarian / vegan	No
Organic	No

Sources: the manufacturer’s technical product data of VERISOL® B and Asa matcha product specifications. Values for the collagen apply to the ingredient, not to the finished blend. Well Aged is a food product. VERISOL® and Bioactive Collagen Peptides® are registered trademarks.