



Collagen, Explained: For Athletes, Aging, and Everyone in Between with Dr. Dana Lis

Collagen might be trending, but what does the science actually say? In this evidence-packed conversation, host Dr. Ginger Hultin sits down with Dr. Dana Lis, performance nutrition expert and consultant to the Golden State Warriors, to break down collagen's role in the body, its rise in popularity, and where it really delivers.

They explore the ways, debunk type-specific marketing claims, and talk practical applications for everyone from elite athletes to aging adults. Whether you're wondering about skin and joint health, injury recovery, or performance support, this episode covers what to know and how to personalize collagen use for your needs.

In this episode, we'll cover:

02:59 The Study That Sparked Collagen's Popularity

04:00 What Collagen Is and How It Functions in the Body

06:00 Who Collagen Might Benefit: Athletes, Aging Adults, Joint Health

11:00 Busting the Myth of Type-Specific Collagen Products

14:00 How Collagen and Exercise Work Together for Performance and Recovery

20:00 Protein Needs and Maintaining Muscle Mass with Age

26:00 When to Use Collagen: ACL Risk, Surgery, and Aging

Mentioned in This Episode:

[Ginger's Wild Blueberry Oatmeal Smoothie](#)

About Dr. Ginger Hultin, DCN, RDN, CSO

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist with a master's degree from Bastyr University, where she currently serves as adjunct faculty teaching clinical nutrition. She has been in practice for over 10 years using a personalized, holistic nutrition approach. She runs a full-time virtual private practice, Ginger Hultin Nutrition where she helps clients with complex health problems improve their health through nutrition. In addition to being the host of The Good Clean Nutrition Podcast, she is an author of two books, Anti-inflammatory Diet Meal Prep and the How to Eat to Beat Disease Cookbook. Ginger has now also received her doctorate in clinical nutrition!

Connect with Ginger on [Instagram](#), [LinkedIn](#) or her [website](#).

About Dr. Dana Lis

Dr. Dana Lis is internationally recognized for her leadership and versatile roles across the field of Performance Nutrition. Aside from being one of the few Registered Dietitians decorated with the renowned IOC Diploma in Sport Nutrition and PhD, she seamlessly aligns the three key elements shaping the field of Performance Nutrition: Practise, Research and Industry. Her expertise in these pillars has led to the advancement of the field for over fifteen years. In this time, she almost exclusively supported Olympic and Professional sport across several continents and a spectrum of sports. A lifelong learner and tireless drive

to be the best developed in Dana nuanced insights and knowledge to truly impact athlete health and performance.

Connect with Dr. Dana Lis on [LinkedIn](#) or [Website](#).

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