

Supplements

The Supplements I take

Supplements are just those, things we take to supplement our food choices. They are not a substitute for healthy eating such as the Superfoods

(<https://www.leanandfitlife.com/superfoods>).

The healthiest and longest living people on earth take little or no supplements. However, there are some important supplements to consider in your journey for greater wellness. Supplements consist of vitamins, minerals, and the micronutrients that our body needs for good health. Some are actual foods like fish oil and herbs. Evolution did not reward us for living beyond our reproductive years. All our body parts and internal chemistry are designed to self-destruct and die. We are all “biohacking” aging to live a long healthy life. These supplements are listed in an order of priority for me as a 70+ senior.

Vitamin D3

The most important supplement for middle aged and older adults is Vitamin D. If Vitamin D were discovered today, it would be called a hormone-like substance. Vitamin D is vital to many body functions, especially our immune system and our bones. It is not present in most foods but is sometimes added to dairy products. When we age, our skin’s ability to make Vitamin D from sunlight

wanes and many people over age 50 become deficient in Vitamin D even if they are in the sun. This is especially true of seniors over age 65. Hence, Vitamin D is the one vitamin that should be taken by all mature adults. Vitamin D3 is the digestible form of Vitamin D, and I take 5000 IU with 100 mcg of K2 to direct calcium from foods to our bones. This will provide an optimal level of Vitamin D in the blood between 40 and 90 (the normal range of Vitamin D listed in most labs is between 30 and 100).

Magnesium

Seniors do not get as much magnesium from food as younger people and may have muscle cramps or restless legs, especially at night. I take 400 mg of magnesium glycinate every evening for muscle relaxation and sleep.

Melatonin

The pineal gland, which produces melatonin, calcifies with age. Seniors are deficient in melatonin, and this is likely the main cause of poor sleep. I take the time-release product Sleep 3 by Nature's Bounty and have other sleep aids such as 5 mg of sublingual melatonin before 2:30 AM, as needed.

NAD

Nicotinamide adenine dinucleotide (NAD) boosts cellular energy and is essential to all living cells. NAD may slow or even reverse aging and delay the progression of age-related diseases. To get NAD, the supplement is usually NR (Nicotinamide riboside), which converts to NMR (Nicotinamide mononucleotide) to become NAD.

You can buy NMR but is more expensive than NR. I take 300 mg from Life Extension.

Resveratrol

Resveratrol is an antioxidant, anti-inflammatory and immune system moderator that helps protect against a diverse range of chronic diseases and aging. Do not depend on the small amounts in red wine. I take 100 mg daily.

Metformin

Metformin is a time-honored medication for Type 2 diabetes. Diabetic patients taking metformin have a life expectancy even longer than people without diabetes! Research is still exploring this benefit. Metformin reduces the risk of death due to heart disease. It helps with weight loss. Metformin slows some tumor growth and may stop some cancers from developing such as colon polyps. It improves immune function resulting in better outcomes from Covid-19. Diabetics who take metformin have a lower risk of dementia. Metformin is a wonder drug! I take 500 mg every evening.

Harvard anti-aging biologist, David Sinclair, author of *Lifespan: Why We Age and Why We Don't Have To*, considers the trio of NAD, Resveratrol and Metformin together as the best anti-aging supplements.

Turmeric

Turmeric is the spice of curry and has potent anti-inflammatory properties. The active ingredient is curcumin. Curcumin works best when taken in turmeric.

I no longer take ibuprofen or Aleve to avoid the side effects, and turmeric works as well or better. A recent study showed that turmeric is just as effective as omeprazole (Prilosec) for reducing stomach acid. I take 1500 mg daily by Qunol.

Zinc

Zinc has many health benefits and may be the most anti-viral of the supplements to protect against Covid-19, influenza, and the common cold. It is important to know that zinc must be in balance with copper in your body. Copper is an essential micronutrient. 10-25 mg is the dosage range recommended for a viral infection. Zinc lozenges usually have 10 mg of zinc. I take a daily supplement of zinc with copper. I take one of two options: Zinc Balance by Jarrow and Zinc Copper by Solaray.

Glucosamine, chondroitin and MSM.

This combination helps the body maintain strong cartilage, the cushions, or the surface of bones in our joints. I have taken various products of this combination such as Triple Flex by Nature Made.

Nitric Oxide

A Nobel Prize was awarded to the scientists who discovered that taking nitric oxide improved circulation. This led to the development of Viagra and Cialis to help relieve erectile dysfunction. Nitric oxide supplements that are available without a prescription may decrease muscle soreness, lower blood pressure and boost exercise performance. I take the Blood Flow-7 product by

Juvenon. There are many quality nitric oxide products available from reputable sources.

Vitamin B12

Vegans and some seniors close to or over the age of 80 become deficient in Vitamin B12. This can easily be tested for in the blood. If the need is there, take 1 mg or 1000 mcg of Vitamin B12 daily. I get Vitamin B12 in some of my other supplements. B12 shots are not necessary even for people who have pernicious anemia. Contrary to popular belief, Vitamin B12 shots do not give you energy. This **is a** good example of the placebo effect.

Vitamin C

Vitamin C is widely available in fruits and vegetables. Because of its anti-viral benefits, I take a long acting 1000 mg supplement by Nature Made.

Fish Oil

Whether fish oil tables help cardiovascular, or brain health is controversial. I watch the literature go back and forth on this. I take a standard combination of DHA (for brain health) and EPA (for heart health) by Nature Made or another good source like Nordic Naturals. The ratio is usually more EPA than DHA. Some contain another fatty acid ALA (Alpha-lipoic acid) that has antioxidant properties and helps with neuropathy. Neurologist and nutritionist David Perlmutter, MD, considers fish oil and ALA to be vital brain health supplements. Many of the Superfoods like broccoli and spinach are good sources of ALA so I do not consider it a necessary supplement.

CoQ10 or Ubiquinol

Coenzyme Q10, aka Ubiquinol, is an antioxidant that your body produces naturally, and your cells use it for growth and maintenance. Like many other supplements discussed here, levels of CoQ10 decrease as you age. People with heart disease and those taking a statin medication have low levels of CoQ10. CoQ10 is found in meat, fish, and nuts. I also take 100 mg daily by Qunol under the name Ubiquinol, supposedly for better absorption.

SAMe

S-Adenosyl methionine (SAMe) helps the immune system, maintains cell membranes, and helps balance brain chemicals such as serotonin, melatonin, and dopamine. SAMe also contributes to mood elevation. The tablet is light-sensitive, so each one is sealed in foil. SAMe is the one supplement I take first thing in the morning; I take the others after dinner.

Quercetin

Quercetin is a bioflavonoid present in many plants, making it an optional supplement. It has anti-inflammatory properties to complement turmeric. Quercetin also lowers blood pressure, reduces cholesterol, and helps prevent atherosclerosis. I take 500 mg daily from any of the reputable suppliers.

Prostate Health

As a man, I want to do what I can to have a healthy prostate and avoid the common problems, including cancer. Eating the Superfoods and having low body fats help most. Supplementing with saw palmetto is helpful for the prostate. I take the Prostate Health product by Gaia.

DHEA

Dehydroepiandrosterone (DHEA) is a hormone produced in the adrenal glands and is a precursor to making testosterone and estrogens. DHEA peaks at about age 25 and then goes down steadily as you age. It may be helpful for men who are seniors to maintain healthy testosterone levels. I take 50 mg daily.

Spirulina

Spirulina is a food consisting of blue-green algae rich in proteins, minerals, carotenoids, and antioxidants that help protect cells from damage. It may be overkill but as someone who loves Hawaii, I take the tablets from Pure Hawaiian.