

The Supplement Cheat Sheet

DISCLAIMER: Every individual has unique nutritional needs. Please consult with your physician before adding supplements to your routine, especially if you have existing health conditions. Bloodwork is recommended to understand certain micronutrient levels and potential recommended dosages.

Key Supplements to Consider

Magnesium

- Benefits: Supports 300+ enzymatic reactions, energy production, DNA/RNA synthesis, glutathione production
- Standard Dosage: 300 mg daily for women, 400mg daily for men (glycinate, gluconate, or threonate forms)

Vitamin D

- Benefits: Bone health, immune function, inflammation reduction, blood pressure regulation, mood improvement
- Standard Dosage: 1,500-2,000 IU daily

Creatine Monohydrate

- Benefits: Enhanced exercise performance, cognitive function, brain health, antioxidant properties
- Standard Dosage: 5-10 grams daily

Fish Oil/Omega-3

- Benefits: Brain health, cardiovascular health, reduced inflammation, improved memory
- Standard Dosage:
 - DHA: 500-1,000 mg daily
 - EPA: 1,000-1,600 mg daily

Curcumin/Turmeric

- Benefits: Reduces oxidative stress and inflammation, preserves telomere length, enhances longevity pathways
- Standard Dosage: 500-1,000 mg daily

Vitamin B12

- Benefits: Supports nervous system function, red blood cell formation, DNA synthesis, cognitive health
- Standard Dosage: 2.4 mcg daily

Vitamin K2

- Benefits: May reduce arterial calcification and coronary heart disease risk
- Standard Dosage: 50-100 mcg daily

Spermidine

- Benefits: Enhances autophagy, lowers inflammation, improves proteostasis, regulates epigenetic factors
- Standard Dosage: 5-15 mg daily

NAD+ Precursors (NMN and NR)

- Benefits: May help reverse age-related NAD+ decline, potentially improving mitochondrial function
- Standard Dosage: Varies by product (research still emerging)