



Daily vitamin and supplement intake is essential for maintaining good health. The following supplements are paramount to maintaining optimal control of systemic inflammation, free radicals, vascular health, and your immune system.

Recommended Daily Supplements:

Omega-3 Fatty Acids: Omega-3 fatty acids have robust anti-inflammatory and anti-oxidant effects in the body. These fatty acids are beneficial to maintaining heart and brain health. Do not just buy "fish oil" though. Make sure you are buying a supplement rich in purified omega-3 fatty acids. Read the label carefully. Avoid products that are laden with omega-6 fatty acids as these are pro-inflammatory.

The ideal dose is 3000-5000mg of omega-3 fatty acids daily. Nordic Natural Ultimate Omega is a quality product.

Resveratrol: This is the healthy component found in wine. Remember hearing that having 1 glass of red wine a day is healthy? Well 1 glass has a fractional amount of resveratrol in it, thus supplementing with it has compelling anti-aging effects. Resveratrol has potent anti-inflammatory effects and is important in influencing healthy metabolism through improving insulin sensitivity. What does this mean? Lowered overall blood glucose levels which in turn improves vascular and metabolic health. This supplement is essential in maintaining optimal health.

The ideal dose is 20mg daily. This is equivalent to 220 times the amount found in 1 ounce of red wine!

Vitamin D3: Vitamin D is actually a hormone. Vitamin D is essential in maintaining bone health and calcium regulation in the body. It also is important in our immune and vascular health. Vitamin D has anti-inflammatory properties and it influences skeletal muscle growth. A vast amount of the American public is vitamin D deficient. We will monitor your vitamin D levels regularly.

Dosage: _____

Curcumin: Curcumin is a derivative of the spice turmeric. It has powerful anti-oxidant and anti-inflammatory properties. Alzheimer's disease is 50% lower in India than the United States and they use turmeric liberally. Curcumin has been used to treat osteoarthritis and an assortment of other inflammatory conditions. Anecdotally, it does wonders for my back pain.

Aim for 800-1000mg daily. It should be taken alongside your omega-3 fatty acid supplement to aid in absorption. Make sure to buy curcumin that contains piperine which is a black pepper extract. This also helps enhance the bioavailability of the curcumin.

Green Tea Extract: Probably one of many factors that explain the longevity of the Japanese. Green tea is a potent anti-oxidant and has been shown to have anti-cancer effects due to inhibiting the formation of blood vessels in tumors and inducing apoptosis (cell death) in tumor cells.

Either drink multiple glasses/cans of green tea daily or shoot for taking 1000mg daily of green tea extract.



B-Complex: The 8 different types of B vitamins are essential in energy regulation within the body. Why do you think energy drinks contain B vitamins? B vitamins are important in the process of methylation within the cells of your body. It is critical in the regulation of protein function and gene expression. Deficient methylation is associated with cancer, coronary artery disease, stroke and other neurological diseases.

Take 1 capsule/serving size daily. Make sure it's a complete vitamin B complex. And do not be concerned when your urine turns bright yellow. This is completely normal. The most optimal way is a low dose B-complex capsule and supplementing with weekly B-12 injections for better absorption.

Vitamin C: Vitamin C is probably one of the most well-known vitamins. It is essential in maintaining optimal immune health. Vitamin C is also a potent antioxidant and is integral in numerous biological processes including tissue repair, decreasing inflammation and preventing atherosclerosis (artery plaques.) Out of all the supplements, do not neglect taking vitamin C regularly!

Strive to take 2000-5000mg a day. You should take 500-1000mg with every meal, this will quench all the free radicals produced after you eat.

Vitamin E: Vitamin E supplementation has been associated with reducing atherosclerotic plaques and improving lipid profiles. It is also a potent anti-oxidant.

Select a vitamin E supplement that is a preparation of mixed tocopherols and tocotrienols. Make sure there is at least 250mg of each of these 8 vitamin E components.

Magnesium: Magnesium helps stabilize heart muscle and prevents arrhythmias. It also lowers blood pressure by dilating and relaxing blood vessels. It reduces the risk of developing osteoporosis by augmenting bone density and helps prevent muscle cramps. If you are prone to suffering from constipation, it also helps soften stools. If you are athletic, this is a must have supplement.

Take 500-1000mg daily before bed.

In addition to the above supplements, make sure you are ingesting daily probiotics. I prefer Greek yogurt with active cultures. If you do not like yogurt then buy a probiotic with at least 2 billion CFU per serving. And make sure it's a refrigerated probiotic! I cannot stress this enough, the dry tablets are mostly dead bacteria and worthless.

Also drink at least 1 gallon of water daily unless instructed otherwise by your primary care provider. Your urine should be clear and odorless! Also include a multivitamin that is dosed 2-3 times daily.
