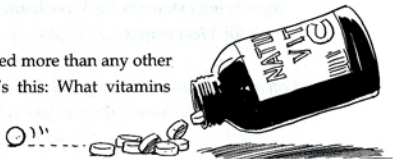


# YOU Tool 5

## Your Vital Supplements

**If** there's one question we are asked more than any other (besides the ones about poop), it's this: What vitamins should I take? Unfortunately, there's no one brand or pill that combines the recommended amount of every vitamin, mineral, and nutrient, but some are close and you can use a liquid or pill form. So you'll have to do a little digging yourself, but we want to make it as easy as possible. So here we've listed our recommendations of pills and supplements that will make your body and mind stronger, healthier, and younger. All of these should be in divided doses. We'd love you to get them from diet, but many have imperfect diets—so consider these recommendations as an insurance policy for an imperfect diet. So you can take half in the morning and half at night to keep a constant vitamin level in your blood during the day.



<b>Vitamins</b>	<b>Optimum</b>
A	More than 2,500 IU is too much (unless you have an eye condition called wet macular degeneration).
B	Get at least the daily value (DV) of all the Bs plus a little more than daily value of these Bs: B <sub>1</sub> (thiamin) 25 mg. B <sub>2</sub> (riboflavin) 25 mg. B <sub>3</sub> (niacin) At least 30 mg, and you can take lots more after speaking with your doctor if you have elevated lousy cholesterol or triglycerides. B <sub>5</sub> (pantothenic acid) 300 mg. B <sub>6</sub> (pyridoxine) 4 mg. B <sub>9</sub> (folic acid or folate) 400 mcg. B <sub>12</sub> (cyanocobalamin) 800 mcg. Biotin 300 mcg.
C	800 mg or 50 mg twice a day if you're taking a statin drug.
D	800 IU if under age sixty; 1,000 if sixty or over.
E	400 IU in the form of mixed tocopherols. Reduce to 100 IU from supplements if you're taking a statin drug.
K	You should get enough in normal diet (see chapter 14).
<b>Minerals</b>	Get a daily value of all the usual suspects in your multivitamin plus these in higher quantity.
Calcium	This comes from many sources, so total all of them up and get at least 1,600 total mg for women, 1,200 mg for men.
Magnesium	400 mg.
Selenium	200 mcg.

Zinc	15 mg.
Potassium	4 servings of fruit, plus a normal diet should do it.

### Additional Vitamin-like Substances You Should Get Daily (Once a Day)

Lycopene	10 tablespoons of tomato sauce a week (400 micrograms).
Lutein	A leafy green vegetable a day (40 micrograms).
Quercetin	Hefty portions of onion, garlic, celery, or lemon juice in addition to the above at least once a day.
Acetyl-L-carnitine	1,500 milligrams (while this comes in dehydrated beef protein, that's not so appetizing, so we recommend the supplement).
Omega-3	Either 1 gram of distilled fish oil or 6 walnuts, preferably twenty-five to thirty minutes before lunch and before dinner, or 2 ounces of fatty fish a day, or 400 mg of DHA.
Cinnamon	½ teaspoon a day.
Red pepper	The more capsaicin, the better for appetite suppression.
Turmeric	As much as you want.

If you're worried about arterial aging and memory, make sure you get the anti-inflammatory/antioxidant vitamins E and C and the homocysteine-lowering vitamins folate, B<sub>6</sub>, and B<sub>12</sub>; vitamin D, magnesium, and calcium; and lutein and lycopene. If you're concerned about osteoporosis, arthritis, or immune aging, pay careful attention to your intake of calcium, magnesium, selenium, lycopene, and vitamins B<sub>6</sub>, B<sub>12</sub>, and D.

Choices you might consider (talk to your doctor about these and all choices):

Coenzyme Q10	200 milligrams day (if on a statin) or for all over age sixty.
Aspirin	162 milligrams a day (check with your doctor) with two glasses of warm water.
Coffee and green tea	2 or more cups of each.
Alpha-lipoic acid	200 milligrams.
Probiotics	2 billion cells of healthy bowel bacteria like bacillus coagulans.