

Supplements & Nutraceuticals

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Skip the Multivitamin

The evidence doesn't back it up for healthy adults. Your money is better spent below.

The Foundation Five

Start now. You don't need bloodwork to justify these.

- 1 Protein** Whey isolate if you're not hitting your target through food alone.
- 2 Creatine** Start here if you only choose one. Decades of safety data; supports muscle, strength, and energy.
- 3 Vitamin D** Most people are low, especially with limited sun exposure.
- 4 Magnesium** Supports sleep, stress resilience, and muscle recovery.
- 5 Omega-3 (fish oil)** Supports heart, brain, and joint health.

Let Your Bloodwork Decide the Rest

- Low NAD+ on a longevity panel → an NAD+ precursor (NMN or NR) is a credible next step, especially 35+
- Low B12, iron, or ferritin → targeted correction, not a multivitamin
- Elevated inflammation or metabolic markers → your data points to something specific, not a guess

ONE RULE THAT CHANGES EVERYTHING

Start with creatine.

If you do nothing else from this page, start here. Strong evidence for muscle and energy, and it pairs directly with the strength work from your Fitness section.

Supplements support your foundation. Peptides are a more targeted, clinical layer.