

Recommended Vitamin Supplements

Age 20-30

Multivitamin - two per day
Omega 3 (with DHA+EPA)
Vitamin D3 - 5000 IUs/day
Vitamin C - 1000 mg/day
Check Iron (women) - add if low
Prebiotic/Probiotic (Digest Shield)

Age 30-40

Multivitamin - two per day
Omega 3 (with DHA+EPA)
Vitamin D3 - 5000 IUs/day
Vitamin C - 2000 mg/day
Check Iron (women) -add if low
Prebiotic/Probiotic (Digest Shield)
CoQ10 - 100mg/day

Age 40-50

Multivitamin - two per day
Omega 3 (with DHA+EPA)
Vitamin D3 with K2- 5000 IUs/day.
Vitamin C - 2000 mg/day
Check Iron (women/add if low)
DHEA (note: check hormone levels)
Prebiotic/Probiotic (Digest Shield)
CoQ10 - 100mg/day
Magnesium - 500mg/day

Age 50+

Multivitamin - two per day
Omega 3 (with DHA+EPA)
Vitamin D3 with K2 - 5000 IUs/day
Vitamin C - 2000 mg/day
Check Iron (women/add if low)
Zinc - 50mg (men)
DHEA (note: check hormone levels)
Arthromax (support healthy joints)
Natural Prostate - (men)
Prebiotic/Probiotic (Digest Shield)
CoQ10 - 100mg/day
Magnesium - 500mg/day
Aspirin - 81mg

Dr. Rogers (personal)

Multivitamin - two per day
Omega 3 (with DHA+EPA)
Vitamin D3 with K2
Vitamin C - 2000mg
Zinc - 50mg
Prebiotic/Probiotic (Digest Shield)
DHEA - hormone balance
Resveratrol - anti-aging
NR (Nicotinamide Viboside) -anti-aging
AMPK - anti-aging
PQQ - energy
Garlic- blood pressure/anti-cancer
CoQ10 - 100mg day - heart protection
Cognitex - memory/brain health
Natural Prostate - prostate health
Arthromax - healthy joints
Magnesium 500mg/day
Aspirin- 81mg



SUPPLEMENTS FOR SPECIAL CONDITIONS

Energy - CoQ10, D-Ribose, L-Carnitine, Magnesium (except w/ high TMAO levels)

Healthy Hair - Tocotrienols, Biotin (nails)

Anxiety and Stress - Natural Stress Relief, Rhodioia, Ashwagandha

Bone Health for Men & Women - Bone Restore

Leg Cramps - Magnesium and Potassium

Cancer Prevention - Vitamin K, C and D, Garlic

Cholesterol or Low Energy (or on statin) - Ubiquinol, CoQ10 - 100mg/day

Constipation - Dr.Schulze's intestinal Formula Magnesium

Depression - Optimized Saffron, Lithium HTN-garlic

Digestive Problems - Super Digestive Enzymes with Probiotics, L-Glutamine

Eye Health - Super Zeaxanthin

Green Tea - Promotes good health & weight management - Mega Green Tea

Sleep - Enhanced Natural Sleep, Melatonin 1-3mg, L-Theanine

Hormone Balance - DHEA (check levels)

Joint Inflammation - Arthro -Max

Joint Pain - Fasting Acting Joint Formula

Memory & brain cell function - Cognitex

Liver Health - Milk Thistle, Anti-Alcohol Antioxidants

Prostate Health for Men - Natural Prostate

Veins - European Leg Solution

Sexual Dysfunction (men) - Prelox, Super Miraforte

Sexual Enhancement (women) - Oxytocin (prescription needed)

Urinary Tract Health (women) - Cran- Max

Tiredness and Cellular Health - Mitochondrial Energy Optimizer w/PQQ

Weight Loss & Metabolic Syndrome - Advanced Adipocyte, Optimized Saffron
Berberine, Bergamot