

Dr. Grant Pagdin's Recommended Anti-Aging Supplements

1. Vitamin D3

It is an essential nutrient providing support for bone growth, mood, immunity, and much more. It has been shown to reduce falls in the elderly, as well as reduce cardiovascular disease risk. Doses based on body weight suggest a range of 20-80 IU per kilogram daily. I personally take 6-8000 IU daily in winter and 2-3000 IU daily in summer.

2. Fish Oil (Omega 3)

Fish oil can decrease the risk of diabetes and several forms of cancer, including breast cancer. The British Journal of Clinical Pharmacology (2013) reports that omega-3s are known to possess anti-inflammatory properties and are proven effective in "reducing joint pain and morning stiffness.". You want to get at least 1200 mg of DHA and 800 mg of EPA from your supplement, for a total of two to three grams daily.

3. CoEnzyme Q10

Several diseases are associated with low COQ10 levels, including fibromyalgia and the aftermath of a heart attack, known as post-myocardial infarction. Depression, Prader-Willi syndrome, male infertility, Peyronie's disease, migraines, and Parkinson's also cause a COQ10 deficiency. I generally recommend a supplemental dose of 100mg per day, or a higher dose of 200-300mg per day for those with known heart disease, fibromyalgia, or patients on cholesterol-lowering "statin" medications, plus the other diseases noted above.

4. Curcumin

It has been shown to have powerful anti-inflammatory, antioxidant, and anti-cancer properties in laboratory studies. However, very few good human trials have been completed, and we do know that it is poorly absorbed. I currently recommend curcumin supplementation to any of my patients with inflammation or colitis. For enhanced-absorption curcumin, the daily dose should be 200-600 mg per day.

5. Probiotics

Probiotics are living microorganisms which can be ingested to help promote a healthy balance. These are friendly, good, healthy bacteria which help restore a healthy digestive tract and a healthy immune system. We can get probiotics either through certain foods or through supplements. A typical serving of yoghurt, sauerkraut, or kefir contains about one billion healthy bacteriae. Probiotics are also found in miso soup and soft cheeses.

6. Vitamin K2

As a general rule, if you have osteoporosis, heart disease or diabetes, you're likely deficient in vitamin K2. As for a clinically useful dosage, some studies have shown as little as 45 micrograms per day is sufficient. I recommend taking 100-200 micrograms of Vitamin K2 per day, making sure the K2 is in the form of MK-7.

7. Zinc

Zinc is critical for: healthy growth in childhood, learning and memory, wound healing, proper insulin and thyroid function, healthy immune system and preventing macular degeneration. In addition, zinc is one of the only substances that has evidence to suggest it helps fight the common cold! You don't need a large amount of zinc. It is found in beans, nuts, fish and seafood, animal meats, dairy, and whole grain cereals. The recommended daily allowance for adults is just 10mg.

8. Magnesium

Every organ in the body needs magnesium, especially your heart, muscles, kidneys, and bones. This important mineral also contributes to energy production, and helps regulate the levels of a wide variety of other nutrients, including zinc, copper, calcium, potassium, and Vitamin D. I recommend supplementing with Magnesium Glycinate or Bisglycinate, at 600 – 1200 mg daily.

9. Green Tea

Health benefits associated with drinking green tea include reducing body fat, improving digestion and reducing gas, improving cholesterol profile and reducing risk of heart disease¹, improving insulin sensitivity², and helping to prevent a number of cancers including bladder, breast, ovarian, colorectal, lung, pancreatic, prostate, and stomach cancers³. It has been shown to reduce the inflammation associated with inflammatory bowel conditions, such as Crohn's Disease and Ulcerative Colitis. I also recommend green tea to all of my stem cell patients, as it has been shown to improve the viability of stem cells. Drink up!

10. Tryptophan and Melatonin

TRYPTOPHAN is the essential amino acid which comes from turkey meat. After a big turkey dinner, we generally sleep great with a couple of good dreams. It is also found in cheese, eggs, fish, and milk, as well as nuts and some seeds (pumpkin, sesame). Over-the-counter supplements contain 50-100mg of tryptophan, but the prescription-strength tablets are either 500 or 1000mg, and the maximum safe dosage is 16,000mg per night!

MELATONIN can safely be combined with tryptophan. It is a hormone produced in our pineal gland, and our production naturally declines over the age of 40. It helps maintain our internal biological clock, or "circadian rhythm", which regulates our sleep/wake cycles. Supplementing with melatonin will reduce the time it takes to fall asleep, but it does not really benefit sleep quality much. It is particularly helpful for jet-lag, where a shift in your circadian rhythm has occurred and you need a re-set. I recommend starting with no more than 0.5 mg per night half an hour before bed, and increasing by 0.5 mg each week until you find the lowest effective dose that works. I do not generally recommend more than 5 mg per night. A time-release formula may give you a more sustained sleep benefit.

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