

# Suggested Supplements for Men

For assessments, specific formulas, recommendations, dosages and brands  
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## Supplement prescriptions for medical aid claims available

General Guide Life Stage	Supplements	Health concerns	Supplements
Children and Adolescents	Vitamin C Multivitamin Omega 3	Eye health	Bilberry and Lutein
		Prostate Health	Saw Palmetto and Nettle root
Ages 20s -30s	Multivitamin Calcium Magnesium D Omega 3	Digestive problems, IBS, Inflammation, bloating	Concentrated Fruit and Vegetables/ Double X Vitamin B-Complex Magnesium Chewable fiber
		Allergies, sinusitis, hay fever	Double X, Garlic, Chewable fiber Rhodiola rosea Multivitamin Zinc sticks Vitamin C Omega 3
Ages 30s – 40s	Multivitamin Calcium Magnesium D Omega 3 Iron and folic (when appropriate)	Stress	B-complex / Daily multivitamin/ Double X Rhodiola / Ginseng and Ginko biloba
		Joint health, arthritis and gout	Glucosamine and boswelia Omega 3
Ages 40s -50s	Multivitamin Calcium Magnesium D Omega 3 All plant protein powder Saw palmetto and nettle root	Cancer	Concentrated fruit and vegetables Carotene complex Selenium E Multivitamin : Double X Omega 3
Ages 50 plus	Multivitamin Calcium Magnesium D Omega 3 All plant protein powder Rhodiola or Ginseng Saw palmetto and Nettle root		

Active people	Rhodiola Rosea Multivitamin (Daily or Double X) Strive / Fit H2O Protein powder / positrim protein bars Magnesium sticks CalMgD Omega 3 Slow release vitamin C	Cardiovascular disease (Cholesterol, blood pressure, arteriosclerosis)	Omega 3 Fish oil 3 per day Vitamin C Multivitamin : Daily/ Double X Vitamin E and Lecithin
		Diabetes / glucose intolerance	Bilberry and Lutein Omega 3 Multivitamin : Double X
		Immune Health	Omega 3 Vitamin C, Echinacea , Zinc Sticks
Thinning / brittle hair, nails and skin	Biotin C Plus	High blood pressure	Calmg D, Lecethin E