

Vitamins & Supplements



Dr. Härtl recommends:

1. A high-potency multivitamin or another supplement to get at least:
 - 1,000 to 2,000 IU of vitamin D
 - 400 micrograms of folate
 - 1,200 milligrams of calcium
 - 400 milligrams of magnesium
 - 1,000 milligrams of vitamin C
 - 400 milligrams of vitamin E
 - the daily value of other minerals and B vitamins
2. One baby aspirin per day if older than age 40.
3. Omega-3 fatty acids (fish oil) containing at least 1 - 2 grams of EPA/DHA per day if over age 30.
 - Suggested type: ProEPA 1000 milligrams (concentrated pharmaceutical grade molecularly distilled Omega-3 fish oil)
4. Coenzyme Q10: 100 milligrams per day in a nanoparticle-sized product for highest absorption, especially if you're taking statin drugs.
5. Tumeric: 500 milligrams per day - an excellent anti-inflammatory and anticancer agent from the curcumin plant.
6. Probiotics: 5-10 billion colonies per capsule per day containing *L. acidophilus* and bifidobacteria.

Reference: Maroon, Joseph C. *The Longevity Factor: How Resveratrol and Red Wine Activate Genes for a Longer and Healthier Life*. New York: Atria, 2009.

