

# Paul's Top 10 Supplements for Youth and Longevity

Over the past 30 years, I have tested literally dozens of different supplements. Many are high-quality, some are average and quite a few are of lower quality than you would expect.

Instead of wasting hundreds of dollars on the low quality level, the list below is a compilation of what I feel in my experience to be the “best of the best” for optimal health and longevity.

## **1. Vitamin D-3**

Vitamin D3 plays a pivotal role in bolstering the immune system, serving as a cornerstone for its strength and resilience. This essential nutrient is not only responsible for regulating calcium absorption in the body but also for modulating immune cell functions.

D3 enhances the production and activity of antimicrobial peptides, which are crucial for defending against pathogens. D# also helps regulate the inflammatory response, preventing it from spiraling out of control, and promotes the development of immune cells like T-cells and macrophages.

If you ever feel drained, especially in times of seasonal ailments, you need to up your vitamin D3. Minimum 10,000 IUs is suggested.

## **2. Omega 3 Fish Oil**

Omega-3 fish oil offers a plethora of benefits that are vital for both a healthy mind and body. These fatty acids, primarily EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), are renowned for their role in supporting cognitive function and mental well-being. They contribute to improved memory, focus, and mood stability by promoting optimal neurotransmitter function and reducing inflammation in the brain.

Omega-3s also play a pivotal role in maintaining cardiovascular health by lowering triglyceride levels, reducing blood pressure, and preventing plaque buildup in arteries, thereby reducing the risk of heart disease.

Additionally, these essential fatty acids exhibit anti-inflammatory properties throughout the body, which can alleviate joint pain and stiffness, benefit skin health, and even enhance immune system responses. In essence, omega-3 fish oil is a cornerstone of holistic well-being, contributing significantly to a healthy mind and body, and its inclusion in one's diet is paramount for overall health.

My favorite brand – Carlson

### 3. Sea Buckthorn

Sea buckthorn is a remarkable superfood with a wide array of health benefits, including its unique capacity to influence stem cells and potentially enhance longevity. Rich in essential fatty acids, vitamins, and antioxidants, sea buckthorn is known to support cellular health and rejuvenation. It's been shown to stimulate the production of hematopoietic stem cells, which are crucial for blood cell formation, thus potentially aiding in the body's ability to repair and regenerate tissues.

This impact on stem cells can have positive implications for overall health and longevity. The high levels of vitamin C and E in sea buckthorn contribute to its anti-aging properties by combating oxidative stress and protecting against free radical damage. By bolstering the body's innate regenerative mechanisms and promoting cellular health, sea buckthorn emerges as a valuable natural resource in the pursuit of a longer, healthier life.

My recommended brand - SeaBuckWonders

### 4. Curcumin

Curcumin, the bioactive compound found in turmeric, offers a variety of health benefits that set it apart from other remedies. Renowned for its potent anti-inflammatory properties, curcumin is a key player in reducing chronic inflammation, a cornerstone of many diseases. Unlike raw turmeric, curcumin is **more concentrated** and **better absorbed** by the body, making it a more effective supplement for reaping its therapeutic benefits.

Its ability to modulate the immune system by regulating immune cell activity further underscores its significance in promoting a healthy immune response. Curcumin's multifaceted role in quelling inflammation and bolstering the immune system makes it a valuable addition to one's wellness regimen, with the potential to enhance overall health and well-being.

### **Best brands**

Doctors Best

## **5. B Complex w Minerals**

A high-quality B complex supplement with minerals is a powerhouse of nutrients that plays a pivotal role in supporting a healthy mind and body. The B vitamins, including B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin), are essential for a range of bodily functions, including energy metabolism, neurotransmitter synthesis, and DNA repair. When combined with essential minerals like magnesium, zinc, and selenium, these vitamins become even more effective.

This synergy helps reduce fatigue, improve cognitive function, and enhance mood stability, making it a key player in maintaining mental well-being. Additionally, a B complex with minerals supports immune function, heart health, and the production of red blood cells, ensuring overall physical vitality. By fortifying both mind and body, this comprehensive supplement is a valuable asset in promoting holistic health and vitality.

### **PLEASE NOTE:**

***Do not rely on standard drugstore quality B vitamins***, they are not high quality or sufficient for your needs. Most the vitamins are produced from coal tar and other low quality sources. Look for the highest quality food source vitamin.

### **Favorite Brands**

Integrative Therapeutics - they have a very high quality (and reasonably priced) Bcomplex.

## **6. Fulvic and Humic Minerals**

If you want stronger and more resilient bones and joints, I **highly recommend** Fulvic and humic minerals

Fulvic and humic minerals are derived from ancient plant matter, offer a wealth of benefits that contribute to a healthy mind and body. These organic compounds are rich in essential minerals, antioxidants, and trace elements, making them invaluable for overall well-being. Fulvic minerals, in particular, are known for their superior bioavailability, facilitating the absorption of nutrients and aiding in detoxification processes. These minerals help support cognitive function by enhancing nutrient delivery to brain cells and promoting mental clarity.

Humic minerals, on the other hand, possess powerful antioxidant properties that combat free radicals, reducing oxidative stress and inflammation throughout the body, which is essential for maintaining mental and physical health. Together, fulvic and humic minerals work synergistically to promote optimal cellular function, energy production, and immune support, making them vital components of a holistic approach to health and vitality.

### **Joint and Bone Health**

Fulvic and humic minerals also play a significant role in maintaining and strengthening joint and bone health. These minerals aid in the absorption and utilization of key nutrients like calcium, magnesium, and collagen, which are essential for maintaining strong bones and flexible joints. They assist in reducing inflammation and oxidative stress in the joints, potentially alleviating joint pain and stiffness. Moreover, these minerals can support the production of collagen and promote the health of cartilage, which is crucial for joint mobility.

By bolstering bone density and joint integrity, fulvic and humic minerals contribute to overall musculoskeletal health, ensuring that the body remains agile and resilient, making them an invaluable addition to any wellness regimen.

### **Favorite Brand**

Superior Fulvic - reasonably priced and very high-quality

## 7. Spirulina

Spirulina, a nutrient-dense blue-green algae, boasts an impressive array of health benefits. One of its remarkable qualities is its ability to purify the blood and support liver health. Spirulina's high chlorophyll content helps in detoxifying the bloodstream, aiding in the removal of toxins and heavy metals. It also contains phycocyanin, an antioxidant with anti-inflammatory properties, which supports the liver's natural detoxification processes.

Spirulina is often hailed as one of the best food sources known to man due to its exceptional nutritional profile. It's rich in protein, vitamins, minerals, and essential fatty acids, making it an ideal dietary supplement. Spirulina's potential to cleanse the body, boost the liver's function, and provide a wealth of essential nutrients solidify its reputation as a superfood that promotes holistic well-being.

### **Favorite Brands**

Hawaiian Spirulina

MultiGreens by Young Living (Use my special code for 24% Off - 22818873)

## 8. CoQ10 and Ubiquinol

CoQ10 (Coenzyme Q10) and its reduced form, Ubiquinol, are essential compounds that offer a host of health benefits, particularly in the realms of heart health, mitochondrial function, and cellular energy production.

If you are over 40, - Ubiquinol is the correct version to use.

These compounds are vital for the production of adenosine triphosphate (ATP), the primary energy currency of cells, making them crucial for overall vitality. CoQ10 and ubiquinol are especially beneficial for heart health as they help in the generation of energy needed for the heart's continuous pumping action.

Additionally, they act as potent antioxidants, protecting cells from oxidative damage, which can reduce the risk of cardiovascular diseases. CoQ10 and Ubiquinol support mitochondrial function, enhancing the energy-producing capacity of these cellular powerhouses. This, in turn, can lead to improved physical stamina and mental clarity. In summary, the supplementation of CoQ10

and ubiquinol can significantly bolster heart health, optimize mitochondrial efficiency, and boost cellular energy production, promoting overall well-being and vitality.

If you have any Heart issues, you need additional amounts of Ubiquinol (minimum 200 mg). Do you want any heart medication, check with your doctor first but any decent cardiologist will tell you that Ubiquinol essential part of a heart health plan.

### **Favorite Brands**

Health Thru Nutrition (very reasonably priced)

## **9. B12 Methylcobalamin**

Vitamin B12, also known as cobalamin, is a crucial nutrient with a multitude of health benefits, particularly in relation to the nervous system, brain health, energy levels, and immune function. It plays a pivotal role in maintaining the health of nerve cells and the myelin sheath, which insulates and protects nerves, promoting optimal nervous system function. Additionally, B12 is essential for cognitive function, as it contributes to neurotransmitter synthesis and aids in the prevention of cognitive decline. This vitamin also plays a key role in energy production by facilitating the conversion of food into usable energy, which can alleviate fatigue and enhance vitality.

### **The Best Version To Use**

Methylcobalamin, a specific form of vitamin B12, is considered more effective than other B12 forms like cyanocobalamin because it is the biologically active form of the vitamin. Unlike cyanocobalamin, which the body must convert into its active forms, methylcobalamin is readily absorbed and utilized by the body.

This direct availability allows it to efficiently support nervous system health and cognitive function, making it the preferred choice for individuals seeking the most effective and bioavailable B12 supplement. Its superior bioavailability ensures that the benefits of B12, such as enhanced nervous system function, brain health, increased energy levels, and a strengthened immune system, can be realized more efficiently and effectively.

## **10. Zinc**

Zinc is a fundamental mineral that offers a plethora of health benefits, with its role in bolstering the immune system standing out prominently. It's an essential element for the proper functioning of immune cells, aiding in the production and activation of white blood cells and antibodies. This makes zinc a crucial player in defending the body against infections and maintaining a robust immune response.

Beyond its immune-boosting properties, zinc plays a pivotal role in various other bodily functions. It supports wound healing, promotes skin health, and is involved in DNA synthesis. Zinc also contributes to the maintenance of cognitive function, hormonal balance, and overall well-being. Its multifaceted influence on health makes it an invaluable mineral, with a strong immune system being just one facet of its wide-ranging benefits.

## **My SPECIAL Bonus List**

### **NingXia Red**

After searching the best superfoods to support my energy system (over 10+ years), the one that stands head and shoulders above the rest is the wolfberry (also known as Goji berries).

These tiny but mighty berries offer a range of advantages for overall well-being. First, they are known for their liver detoxifying properties, helping to rid the body of harmful toxins and promote liver health. Additionally, wolfberries play a crucial role in purifying the blood, aiding in the removal of impurities and enhancing circulation. These berries are also a great source of natural energy, providing a sustainable boost without the crash associated with caffeine.

Wolfberries support the body's production of glutathione, a powerful antioxidant that helps combat oxidative stress and bolster the immune system. Furthermore, they contribute to increased mitochondrial energy, promoting cellular vitality and overall vitality. Incorporating NingXia Red and wolfberries into your daily routine can be a holistic approach to enhancing your health and well-being.

The best way to get the power of wolfberries in a form that you can take daily is NingXia Red. In addition to wolfberries, it adds pomegranate juice, plum juice, cherry juice, aronia juice and blueberry juice combined with grapeseed extract essential oils of lemon, tangerine, orange, and Yuzu.

I've tried more than a dozen super food drinks and none of them compared to the power and effectiveness of NingXia Red.

There is no single supplement that I recommend more highly than NingXia Red.

[Here's the link to learn more](#)

(Use my special code for 24% Off - **22818873**)

### **AC-11** (for Telomere Activation)

AC-11, also known as *Uncaria tomentosa* or cat's claw, is a remarkable botanical extract known for its potential to support telomere lengthening and overall cellular health. Telomeres are protective caps on the ends of chromosomes that naturally shorten with age, leading to cellular aging and dysfunction. AC-11 contains compounds that can activate an enzyme called telomerase, which has the capacity to lengthen telomeres.

By promoting telomere maintenance and stability, AC-11 may contribute to increased cellular longevity and healthier aging. Beyond its role in telomere support, AC-11 is also celebrated for its antioxidant properties, immune system support, and anti-inflammatory effects, making it a valuable addition to a holistic wellness regimen aimed at promoting overall vitality and well-being.

### **How AC-11 Works**

DNA is found Inside each of our cells. It holds the code that instructs our cells to make accurate copies of themselves as needed during life. When our cells are damaged, this code becomes increasingly inaccurate, Our DNA is damaged about one million times per day! The accumulated damage leads to many conditions of aging and disease. Our bodies have enzymes to repair DNA damage, and with the support of certain nutrients, the body can function optimally to repair the damage. AC-11 is one of these nutrients, backed by scientific, peer-reviewed clinics studies.



## **NAD, the Energy Molecule**

Nicotinamide adenine dinucleotide, or NAD, plays a pivotal role in the body's energy production and various cellular processes. Here's a description of the benefits of NAD and how it helps replenish your energy:

NAD, often referred to as the "energy currency of life," is a coenzyme found in every cell of your body. Its primary role is to facilitate various metabolic processes, particularly those involved in energy production.

Here's how NAD contributes to replenishing your energy:

### **1. Cellular Energy Production**

NAD is a critical player in the process of cellular respiration, which occurs in the mitochondria, the powerhouse of your cells. It assists in the conversion of nutrients, such as glucose and fatty acids, into energy in the form of adenosine triphosphate (ATP). Without sufficient NAD, this energy production process becomes less efficient, leading to fatigue and decreased vitality.

### **2. DNA Repair and Maintenance**

NAD is also essential for DNA repair mechanisms. As you age, your DNA sustains damage from various sources, including radiation and toxins. Adequate NAD levels help support DNA repair and maintenance, ensuring that cells function optimally. When your cells are healthy, your body has more energy to spare.

### **3. Sirtuin Activation**

NAD is a cofactor for a group of enzymes called sirtuins. Sirtuins are involved in various cellular functions, including DNA repair, inflammation control, and stress response. Activating sirtuins through NAD supplementation can enhance cellular resilience, which in turn contributes to increased energy levels.

### **4. Mitochondrial Health**

NAD supports the health of your mitochondria, which are the energy-producing centers of your cells. By maintaining mitochondrial function, NAD helps prevent energy depletion and the associated fatigue.

### **5. Anti-Aging Properties**

NAD levels tend to decline with age, leading to reduced cellular energy production and an increased susceptibility to age-related diseases. Supplementing with NAD precursors, such as nicotinamide riboside (NR) or nicotinamide mononucleotide (NMN), can help combat these age-related energy declines and promote overall vitality.

In summary, NAD is a crucial coenzyme that not only plays a central role in energy production but also supports DNA repair, cellular health, and anti-aging processes. By maintaining optimal NAD levels, you can help replenish your energy stores, feel more vibrant, and enjoy an enhanced overall sense of well-being.

## **Macuguard** - My number one recommendation for eye issues

MacuGuard's formula includes lutein and zeaxanthin, two carotenoids known for their ability to filter harmful blue light and protect the eyes from oxidative damage. Additionally, it incorporates meso-zeaxanthin, a less common carotenoid crucial for macular health. These ingredients, combined with other antioxidants like astaxanthin and saffron, work synergistically to combat age-related vision issues. While individual results may vary, many users have reported positive outcomes such as improved visual clarity and contrast sensitivity.

## **Ashwaganda**

Ashwagandha, an adaptogenic herb native to India, has gained widespread recognition for its numerous health benefits. This ancient herbal remedy has been used for centuries in traditional Ayurvedic medicine and continues to be a popular choice for those seeking natural ways to enhance well-being.

One of the key benefits of Ashwagandha is its ability to help manage stress and reduce anxiety. It works by modulating the body's stress response system, helping to lower cortisol levels and promoting a sense of calm and relaxation. Additionally, Ashwagandha may improve sleep quality, further aiding in stress reduction. Beyond its stress-relieving properties, Ashwagandha is known to support immune function, boost energy levels, and enhance cognitive function. It may also have anti-inflammatory effects and contribute to overall resilience in the face of physical and mental challenges.

The best kind of Ashwaganda is KSM-66

Ashwagandha is available in various forms, including capsules, powders, and tinctures, making it convenient for individuals to incorporate into their wellness routines.

## **Biocell collagen - with hyaluronic acid and chondroitin sulfate.**

For joint pain and rebuilding cartilage

BioCell Collagen is a popular dietary supplement that has gained recognition for its potential benefits in supporting joint health and promoting skin vitality. This unique supplement combines three key components: hydrolyzed collagen type II, chondroitin sulfate, and hyaluronic acid.

One of the primary advantages of BioCell Collagen is its ability to support joint health. Hydrolyzed collagen type II is a major component of joint cartilage, and supplementing with it may help maintain joint flexibility and comfort. Chondroitin sulfate and hyaluronic acid, both naturally occurring substances in the body, are known for their roles in cushioning and lubricating joints. Together, these three components work synergistically to promote joint comfort and mobility. Additionally, BioCell Collagen has been noted for its potential to enhance skin health.

Hyaluronic acid is renowned for its ability to maintain skin hydration and elasticity, while collagen plays a vital role in skin structure and firmness. Regular use of this supplement may contribute to smoother, more radiant skin and overall joint wellness. As with any dietary supplement, it's advisable to consult with a healthcare professional before incorporating BioCell Collagen into your routine, particularly if you have specific health concerns or are taking medications.

## **Glutathione**

Glutathione, often referred to as the "master antioxidant," is a naturally occurring molecule found in every cell of the human body. Its significance lies in its remarkable ability to protect and promote overall health, including energy levels. Glutathione plays a pivotal role in detoxification processes within the body, helping to neutralize harmful free radicals and eliminate toxins, which can otherwise lead to cellular damage and energy depletion. By doing so, glutathione assists in preserving cellular function and vitality.

Moreover, glutathione contributes to energy production indirectly by supporting mitochondrial function. Mitochondria are the powerhouses of our cells, responsible for generating the energy currency, adenosine triphosphate (ATP). Glutathione's role in protecting mitochondria from oxidative damage ensures their optimal function, allowing for efficient energy production.

Beyond energy, glutathione also has a profound impact on overall health. It is linked to improved immune function, reduced inflammation, and enhanced detoxification capabilities, all of which play a crucial role in promoting vitality and well-being. Whether through dietary sources or supplements, maintaining adequate levels of glutathione is essential for safeguarding both energy levels and overall health.

[Here's one of my favorite brands on Amazon](#)

### **Agilease - for Joint Health**

Agilease is a dietary supplement formulated to support joint health and promote flexibility, making it a popular choice among individuals looking to maintain an active lifestyle. This supplement is designed with a unique blend of natural ingredients, including essential oils, minerals, and powerful antioxidants, all of which work together to enhance joint comfort and mobility.

One of the key benefits of Agilease is its ability to provide targeted support for joints and connective tissues. Ingredients like frankincense, UC-II collagen, and hyaluronic acid have been associated with joint health, helping to reduce discomfort and stiffness. The addition of powerful antioxidants such as curcumin from turmeric and black pepper extract further contributes to its anti-inflammatory properties, potentially alleviating joint pain and supporting overall joint function. Whether you're an athlete, an active individual, or simply someone seeking to maintain joint flexibility, Agilease can be a valuable addition to your wellness routine.

[Here's the link to learn more](#)

(Use my special code for 24% Off - 22818873)