

Men

These just cover the top supplements for men.

Note: Food based vitamins are always best!

No particular order of importance:

1. Berberine
2. Collagen
3. Glycine (best sleep aid for adults)
4. L-Arginine
5. Lignans / Saw Palmetto
6. Magnesium
7. Pau D'arco
8. Probiotic
9. Ubiquinol (higher form of CoQ10)
10. Vit(s) A, E, C, B complex (esp. B1, B3, B6, B12), D3, K2