

Longevity and Biohacking



Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

HTB Rejuvenate

Take 2 daily. Supplies phytonutrients (found in fruits), health-promoting effects on immunity, metabolism, and cellular rejuvenation, and has a wide range of benefits including decreasing viral growth.

CoQnol 200

Take 2 daily. Supports healthy cardiovascular function while promoting healthy aging and energy production. Supports bone, liver, eye, and skin health

Senolytic Synergy

Take 2 daily. Enhances overall cellular health and supports tissue regeneration.

Wonderfeel Youngr NMN

Take 2 daily. Patented defense against biological aging with primary benefit is to enhance overall energy levels.

Multi t/d

Take 2 daily. Helps support ocular, nervous system and cardiovascular health, cellular health and supports immune system.

Vitamin D Supreme

Take 1 daily. Anti-inflammatory that is critical for optimal immune function, and this cannot be achieved without supplementation (especially during the winter months).

Omega-3 Rejuvenate

Take 1 daily. Support for Immunity, Immune Response, Immune Rejuvenation, Skin Health, Eye Health.

Gut Food

1 scoop a day. Supports gut with a combination of prebiotics, probiotics, polyphenols.

Turiva

Take 2 daily. Anti-inflammatory and anti-cancer effects. It also enhances brain recovery after injury and may have direct anti-viral activity.

Renual

Take 2 daily. Helps to power muscle function, increase cellular energy and promote healthy aging.

Magnesium Glycinate 120mg

2 daily at night- Essential for cardiac and neuromuscular function, acid-alkaline balance, metabolism of carbs, proteins and fat, energy production and the utilization of many other important nutrients.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!