

Mark's Personal Stack



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

Recommended Usage and Benefits

Athletic Pure Packs

Take 1 pack daily. Supports energy, muscle recovery and immune function for healthy athletic activity and support health of connective tissues and muscles.

Seed DS-01 Synbiotic

Take 2 daily. Probiotics stimulate intestinal immune cells and commensal microflora to modulate specific immune functions and immune homeostasis.

Senolytic Synergy

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

CoQnol 200

Take 2 daily. Supports cardiovascular, nervous system, and immune health.

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).

Seed DS-01® Daily Synbiotic

Take 2 capsules daily. Probiotics stimulate intestinal immune cells and commensal microflora to modulate specific immune functions and immune homeostasis.

Homocysteine Supreme

Take 2 daily. Supports brain health.

Omega-3 Rejuvenate

Take 1 daily. Support for heart & cardiovascular health.

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.

Wonderfeel Youngr NMN

Take 2 daily. Some benefits of a daily regimen can manifest in a variety of ways including increased energy levels, improved organ function, better cognition and memory, improved skin elasticity, sleep quality, and insulin sensitivity.

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.

Microbiome Rejuvenate

Take 2 capsules every day, with or without food. We recommend daily usage on an ongoing basis to support immune function and promote rejuvenation of your immune response.

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!