

Mens Health



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

Recommended Usage and Benefits

Athletic Pure Packs

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

Omega-3 Rejuvenate

Take 1 capsule daily. Support for heart & cardiovascular health.

Vitamin D Supreme

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

Prostate 5LX

Take 2 capsules daily. Holistic prostate support, supporting normal urine flow and providing powerful antioxidants to the whole body, but especially the prostate.

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!

*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.