

Evidence-Based Supplement Guide

What works, what doesn't, and what the research actually says

TIER 1 – STRONG EVIDENCE

- Vitamin D3 + K2: 2000–5000 IU D3, 100mcg K2 (MK-7)**
Test first. Over 40% of adults are deficient.
- Magnesium glycinate: 200–400mg elemental before bed**
Improves sleep, reduces anxiety, 300+ enzymatic roles
- Omega-3 (EPA/DHA): 1–3g combined daily**
Reduced inflammation, cardiovascular and cognitive benefits
- Creatine monohydrate: 3–5g daily**
Strength, cognition, energy. Best-studied supplement available.

TIER 2 – GOOD EVIDENCE, CONTEXT-DEPENDENT

- Zinc: 15–30mg if deficient (common in vegans)**
Immune function, testosterone, sleep quality
- Ashwagandha (KSM-66): 300–600mg**
Cortisol reduction, anxiety: 3–4 studies show effect
- L-theanine: 100–200mg with or without caffeine**
Smooth focus enhancement. Especially effective with caffeine.
- Collagen peptides: 10–15g with Vitamin C**
Joint health, skin. Best taken before training.

TIER 3 – PROMISING, INSUFFICIENT EVIDENCE

- Lion's Mane mushroom: 500–1000mg**
Nerve growth factor stimulation — animal studies strong, human data early
- NMN / NR (NAD+ precursors): 250–500mg**
Longevity research is real but human evidence is preliminary
- Berberine: 500mg 2–3x daily with meals**
Blood sugar regulation. Comparable to metformin in some studies.