

# Men's Health

## 18 Best Supplements for Men

The right supplements can help your heart, sharpen your immune system, and even improve your sex life. The wrong ones, however, can be ineffective or even harmful. "You run into problems because most men are 'prescribing' these things themselves," says Tod Cooperman, M.D., president of [consumerlab.com](http://consumerlab.com), an independent tester of health and nutritional products. "Don't take supplements with abandon. They should be used carefully, because taking in too much of certain nutrients can cause problems."



We consulted with top doctors, reviewed the latest research, and waded through marketers' claims to bring you 18 of the best supplements for men. Use our guide—along with advice from your own doc, since many supplements can interact with other medications—to fine-tune your strategy.

And for more tips on the best supplements for men, [pick up a copy of the Metabolism Advantage Plan today!](#)

### Acetyl L-Carnitine

**Problem:** Brain drain

This amino acid converts fats to energy and boosts antioxidant activity in the body. In supplement form, it may protect gray matter from stress caused by alcohol and aging. And in a 2006 study, people who received 1,000 milligrams (mg) of acetyl L-carnitine a day saw relief from mild chronic depression.



**Dose:** 1,000 mg/day

**Our pick:** Vitamin World Acetyl L-Carnitine, 1,000 mg;  
[vitaminworld.com](http://vitaminworld.com) (\$50/60 capsules)

**Natural sources:** Red meat, dairy products

## Korean Red Panax Ginseng

**Problem:** Erectile dysfunction

Sixty percent of men with erectile dysfunction who took this supplement noticed improvement, according to a 2002 Korean study. The herb may also protect your heart—in a recent Canadian study, a daily dose reduced arterial stiffness.



**Dose:** 900 mg, up to three times a day

**Our pick:** Vitamin World Korean Ginseng, 500 mg; [vitaminworld.com](http://vitaminworld.com) (\$13/100 capsules)

**Natural sources:** Korean ginseng root

## Coenzyme Q-10

**Problem:** High blood pressure

CoQ-10 can lower your blood pressure while boosting your levels of ecSOD, an enzyme thought to protect blood vessels from damage. CoQ-10 may also improve sperm quality, Italian researchers say. Japanese researchers found it can increase fat burning during exercise.



**Dose:** 30 to 200 mg/day

**Our pick:** Carlson Co-Q10, 100 mg; [carlsonlabs.com](http://carlsonlabs.com) (\$40/90 soft gels)

**Natural sources:** Meat and fish, eggs, broccoli

Also available at [AtHisBest.com](http://AtHisBest.com)

## Vitamin D

**Problem:** Bone weakness

Vitamin D is a hormone that helps your bones absorb calcium. That's a critical benefit, but there's also a steady stream of other compelling reasons to take it, Dr. Cooperman says. For instance, Vitamin D has been linked to reduced levels of depression, reduced risk of colorectal cancer, and less chance of a heart attack.



**Dose:** 1,000 IU Vitamin D/day

**Our pick:** GNC Vitamin D-3 1000; [gnc.com](http://gnc.com) (\$10/180 tablets)

**Natural sources:** Sunshine, fortified milk

## Fish Oil

**Problem:** Heart disease

Loaded with the essential omega-3 fatty acids EPA and DHA, fish oil can reduce triglycerides, boost HDL cholesterol, and lower blood pressure. But your heart isn't the only beneficiary: The healthy fats may also reduce inflammation and improve cognitive performance, and may lower your risk of colon and prostate cancers.



**Dose:** At least 500 mg DHA and 500 mg EPA daily

**Our pick:** Nordic Naturals Ultimate Omega; [nordicnaturals.com](http://nordicnaturals.com) (\$28/60 soft gels)

**Natural Sources:** Salmon, tuna, or other fatty fish

Also available at [AtHisBest.com](http://AtHisBest.com)

## Magnesium

**Problem:** Migraines

A drop in magnesium can be a major headache. "Blood vessels in your brain constrict, and receptors in the feel-good chemical serotonin malfunction," says Alexander Mauskop, M.D., director of the New York Headache Center. Result: a migraine. The mineral also might help regulate blood pressure and could ward off stroke and diabetes.



**Dose:** 250 mg/day, plus the magnesium in your diet

**Our pick:** Life Extension Magnesium Citrate, 160 mg; [lef.org](http://lef.org) (\$9/100 capsules)

**Natural Sources:** Leafy greens, whole grains, pumpkin seeds, coffee, nuts

## Psyllium Husk

**Problem:** Diabetes

This fiber is more than a colon clearer. In a recent Finnish study, the addition of psyllium to meals

reduced participants' blood sugar and insulin response. Paired with protein, it was also shown to suppress ghrelin, a hormone that makes you hungry. Psyllium is one of five soluble fibers approved by the FDA for lowering LDL cholesterol.



**Dose:** 20 to 35 g/day, divided and taken with at least 8 oz liquid  
**Our pick:** GNC Natural Brand Colon Pure; [gnc.com](http://gnc.com) (\$16/19 oz)

**Natural Sources:** Some fortified cereal grains

## Probiotics

**Problem:** Upset stomach

Probiotics are healthy bacteria that crowd out the disease-causing bad bacteria in your gut. Some can reduce diarrhea caused by certain infections, antibiotics, chemotherapy, and irritable bowel syndrome, Dr. Cooperman notes. The encapsulated good guys may also boost your immune function.



**Dose:** 1 capsule (with at least 1 billion bacteria) a day  
**Our pick:** GNC Natural Brand Acidophilus Probiotic Complex; [gnc.com](http://gnc.com) (\$14/100 tablets)

**Natural sources:** Yogurt, kefir, and other dairy products

## Quercetin

**Problem:** Low endurance

Want to extend your cardio session? People who didn't exercise regularly but took 500 mg of this antioxidant twice a day for a week were able to bicycle 13 percent longer than the placebo group, a University of South Carolina study found. It may help reduce the oxidation of LDL particles and reduce blood-vessel constriction.



**Dose:** Up to 500 mg, twice a day  
**Our pick:** Jarrow Formulas Quercetin 500; [vitaminexpress.com](http://vitaminexpress.com) (\$16/100 capsules)

**Natural Sources:** Red wine, parsley, grapefruit, onions, apples

Also available at [AtHisBest.com](http://AtHisBest.com)

## Pycnogenol

**Problem:** Poor memory

This supplement's antioxidants fight free-radical stress in your brain and stop the degradation of nitric oxide, which preserves neural connections. In a recent Australian study, it improved memory in elderly people. Pycnogenol also supports better bloodflow, which helps fight joint pain and reduce muscle cramps.



**Dose:** 150 mg/day

**Our pick:** TwinLab Pycnogenol, 50 mg; [twinlab.com](https://twinlab.com) (\$50/60 capsules)

**Natural sources:** Pine bark

## Glucosamine

**Problem:** Joint pain

Glucosamine, a building block of cartilage, can relieve pain and inflammation in joints, says Nicholas DiNubile, M.D., an orthopedic surgeon. In fact, a recent study found glucosamine is more effective than acetaminophen (a.k.a. Tylenol) at relieving symptoms of knee osteoarthritis, often caused in younger men by joint injury.

**Dose:** 1,500 mg glucosamine/day

**Our pick:** Puritan's Pride Glucosamine 1,500 mg; [puritan.com](https://puritan.com) (\$29/120 caplets)



**Natural sources:** Crustacean shells

## Vitamin C

**Problem:** Injury

Sixty percent of adult men don't get enough vitamin C in their diets, according to an *American Journal of Clinical Nutrition* study. Vitamin C helps protect your cells from the tissue-damaging free radicals produced by exercise. It also helps heal wounds, and it's key to production of the collagen found in ligaments and tendons.



**Dose:** Up to 1,000 mg/day in spaced doses

**Our pick:** Ester-C, 500 mg; [cvs.com](https://www.cvs.com) (\$11/90 tablets)

**Natural sources:** Citrus fruits, sweet peppers, broccoli, kale, brussels sprouts

Also available at [AtHisBest.com](https://www.AtHisBest.com)

## EGCG

**Problem:** Extra body fat

Men who took green-tea extract burned 17 percent more fat after moderate exercise than those taking placebos, according to one study. EGCG, the most active antioxidant in green tea, is thought to prolong exercise-induced boosts in metabolism. It has also been shown to help prevent cancer and can improve heart health.

**Dose:** 890 mg/day green tea extract (containing 340 mg of EGCG)

**Our pick:** Green Tea EGCG-200; [procapslabs.com](https://www.procapslabs.com) (\$15/30 capsules)



**Natural sources:** Green tea

## Lycopene

**Problem:** Prostate-cancer risk

Found in tomatoes, this potent antioxidant may reduce your risk of prostate cancer, according to a recent University of Illinois study review. The researchers say it may work by altering hormone metabolism and by causing cancer cells to self-destruct.



**Dose:** 15 to 20 mg/day

**Our pick:** Carlson Labs Lycopene (Tomato-Free), 15 mg; [carlsonlabs.com](https://www.carlsonlabs.com) (\$50/180)

**Natural Sources:** Fresh or cooked tomatoes, and fruits with red/pink flesh

## Red Yeast Rice

**Problem:** Cholesterol

It contains lovastatin—a prescription statin—as well as other compounds that may help manage cholesterol. In a recent *Annals of Internal Medicine* study, patients who took red yeast rice during a 12-



week diet and exercise program cut their LDL by 27 percent, compared with 6 percent for those who only dieted and exercised.

**Dose:** 600 mg, 3 times a day (Consult your M.D. if you're on heart meds.)

**Our pick:** Cholestene Red Yeast Rice Dietary Supplement; [cholestene.org](http://cholestene.org) (\$14/120 capsules)

**Natural sources:** Red yeast rice, some sake, red rice vinegar

## Resveratrol

**Problem:** Cancer risk

You can't stop the clock, but you can slow it down. This chemical, found in the skin of grapes, seems to interact directly with genes that regulate aging, says Dr. Katz. Resveratrol has been shown to promote DNA repair in animals, enhance bloodflow to people's brains, and halt the growth of prostate-cancer and colon-cancer cells.



**Dose:** No dosage recommendations

**Our pick:** Biotivia Transmax 500 mg Trans-Resveratrol; [biotivia.com](http://biotivia.com) (\$40/30 capsules)

**Natural sources:** Red wine, red grape juice

Also available at [AtHisBest.com](http://AtHisBest.com)

## SAMe

**Problem:** Depression

Talk about head-to-toe relief: A synthetic form of a dietary amino acid, SAMe has been found to treat depression as effectively as prescription antidepressants, according to Canadian researchers. It has also been shown to reduce joint pain and inflammation, and it may aid cartilage repair.



**Dose:** 600 to 1,600 mg/day depending on the condition

**Our pick:** GNC SAM-e 400; [gnc.com](http://gnc.com) (\$38/30 tablets)

**Natural sources:** Made in your body, possibly after eating meats, greens, and oranges

## Saw Palmetto

**Problem:** Enlarged prostate

As you age, your risk rises for benign prostatic hyperplasia (BPH), a condition that makes you trickle at the toilet. Saw palmetto may help restore the flow. In a recent Korean study, men taking 320 mg of saw palmetto daily saw their BPH symptoms decrease by 50 percent after 1 year.



**Dose:** 320 mg/day

**Our pick:** GNC Herbal Plus Standardized Saw Palmetto; [gnc.com](http://gnc.com) (\$16/100 softgels)

**Natural sources:** Saw palmetto berries