

The Top 10 Supplements for Men

Your drugstore carries thousands of bottles of colored pills. These are the ones you actually need

OMEGA-3S TO PROTECT YOUR HEART

Omega-3 fatty acids keep blood pressure and triglyceride levels low and the heart beating regularly. They make blood slicker, reducing the risk of clots and blocked arteries. Studies show that men with the highest omega-3 levels have the lowest risk of dying of heart disease.

How much? For healthy guys, 1,000 mg a day. Those with heart problems may need 2,000 to 4,000 mg. But check with your doctor – too much can increase your risk of catching a cold.

GLUCOSAMINE TO GREASE YOUR JOINTS

You don't have the same amount of cartilage in your joints that you had at 19 – maybe you've noticed. To reverse the damage and actually rebuild cartilage, take glucosamine, made from the shells of crabs and lobsters. In a 3-year study of 200 people with joint problems published in the *Lancet*, glucosamine reduced joint pain and stiffness by up to 25 percent and helped prevent the progression of osteoarthritis in the knees. The *British Journal of Sports Medicine* says that 88 percent of people with joint problems reported less pain after 12 weeks of treatment.

How much? 1,500 mg a day. Brands that combine glucosamine with chondroitin are fine.