

# HPH Longevity Supplement Tiers

Please note that each tier includes all supplements from the previous tier(s).

## Tier 1 Supplements: Essential

- Daily Activated Multi or Daily Nutritional Support (includes full B-Complex)
- Vitamin D3 (K2 in Multi)
- Magnesium (and/or Cal-Mag)
- Omega-3
- Liquid Melatonin (may not need based on sleep)
- Digestive Enzymes

## Tier 2 Supplements: Highly Recommended

- Fruit & Vegetable Blend
- Probiotic
- Zinc/Copper
- HistPro (Vitamin C + Quercetin)
- Daily Detox Support (Taurine, NAC)
- Psyllium Husk (heart, BP, glucose)

## Tier 3 Supplements: Unique Anti-Aging

- Vitamin C (additional 1-2g)
- InflammaSoothe (Curcumin, Ginger, Boswellia, etc.)
- Advanced Collagen Support
- Cell Boost (Astragalus, PQQ, NR/NMN, Resveratrol, etc.)
- Matcha (2-3c of organic ceremonial green tea)
- Astaxanthin
- Proteolytic Enzymes
- Advanced Cell Force (Creatine, TMG, Citrulline, Malate, Taurine)
- Glycine (part of Magnesium Glycinate)
- CoQ10 / Ubiquinol
- Daily Vision & Eye Health
- Molecular Hydrogen - REDOX Molecules
- Kyolic Garlic (specific formulas)
- Berberine+

# HPH Longevity Supplement Tiers

Please note that each tier includes all supplements from the previous tier(s).

## Tier 4 Supplements: Needs More Research, but Promising

- Spermidine
- Fisetin
- Urolithin A
- Ca-AKG
- Apigenin
- Pterostilbene
- Peptides
- LDN
- Metformin
- Rapamycin
- Stem Cell Therapy
- Yamanaka Factors
- Immunotherapies

## HPH Specialized Protocols

For use with HPH supplement tiers to specialize for client's needs.

### Brain Support

- Daily Brain Support
- Adrenal Soothe
- Magnesium L-Threonate

### Men's Hormones

- DHEA
- Daily Testosterone Support
- Advanced Prostate Support

### Beauty, Skin, and Eyes

- Advanced Collagen Support
- Daily Vision & Eye Health
- OS-01 Moisturizer

### Women's Hormones

- DHEA
- Estrogen Support
- Progesterone Support

### Athletic Performance

- Advanced Collagen Support
- Daily Vision & Eye Health
- Creatine Monohydrate