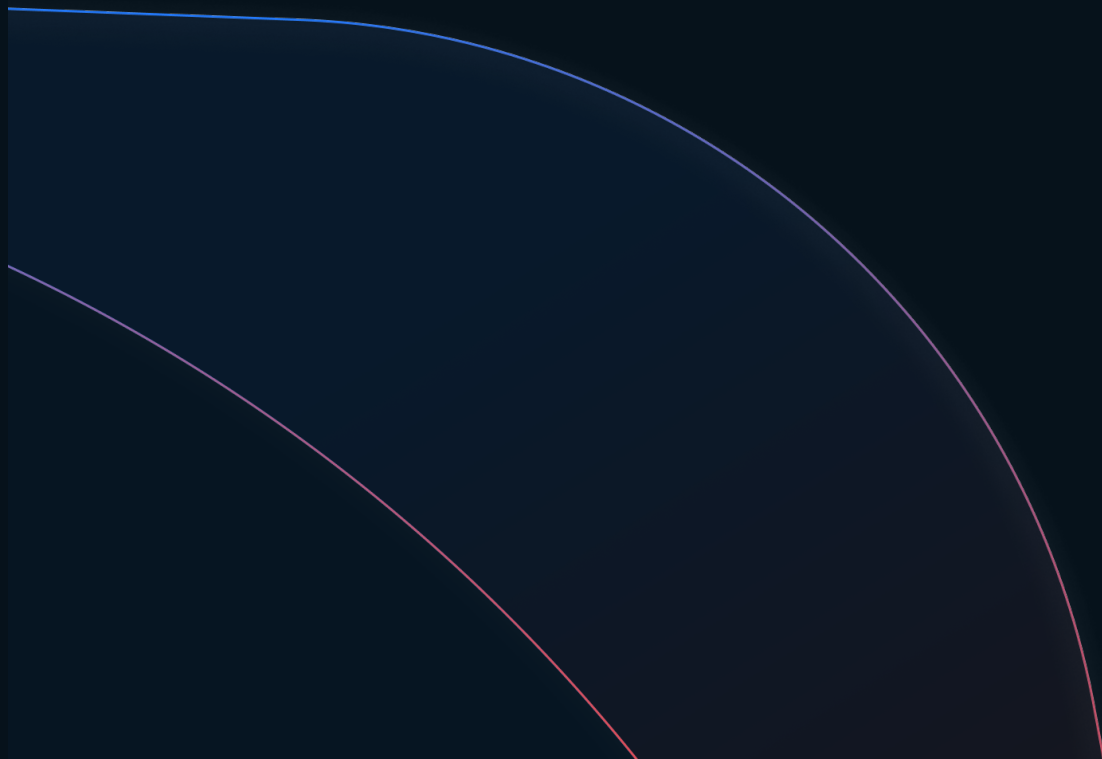


EarlyTM

Being early mattersTM



Framework for Medications and Supplements

EARLY PROGRAM RESOURCE MATERIAL



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Framework for Medications and Supplements

SUMMARY

It's not uncommon for our patients to show up with a long list of supplements on their intake form. But more often, they can't explain why they are taking them. Our preference is to start from the ground up, to stop all supplements, and then add back the ones we deem beneficial.

However, if a patient feels strongly about taking supplements we can't justify, we ask them to answer the following questions for each one. We will then review the responses with them, for each supplement in question, and decide based on each response.

Below is a series of questions you should ask and answer for each supplement you are taking and wish to continue taking. Appropriate medications and supplements can be important for overall health. However, it is not helpful (and can be actively unhelpful) to take exogenous molecules indiscriminately which, unfortunately, we see all too commonly.

★★

- 01 / Is this a molecule you are taking to live longer (i.e., to delay death) or to improve your healthspan (e.g., cognition, physical strength, mood)?
- 02 / If the former, is it doing so via a specific disease process (e.g., ASCVD risk reduction) or via a general geroprotective mechanism (e.g., targeting the 'Hallmarks of Aging')?
- 03 / If the molecule is a "supplement," is this something you are taking to correct a nutritional deficit? Or do you believe that supra-normal levels, offer some benefit, and based on what evidence?
- 04 / Is this a molecule for which we understand the mechanism of action? If so, what is it?
- 05 / Is this a molecule for which we have a biomarker to track if it's working? (e.g., apoB for a statin, vitamin D level)
- 06 / Is this a molecule for which we have robust human data (i.e., randomized clinical trials) demonstrating both safety and efficacy?
- 07 / If "no" to #6, is this a molecule for which we have very clear animal data, across different species (including mammals), demonstrating a clear safety profile and unambiguous efficacy?
- 08 / Is this a regulated molecule (prescription based) or an unregulated molecule (over the counter)? If the latter, how can you ensure purity and freedom from contamination?