

7 Supplements That Actually Work for Over-60s (And 3 That Don't)

Straight-talking guide from No Bull Health Foods

Supplements That Actually Work

Magnesium

Supports heart rhythm, muscle function, sleep, and stress. Over 60? You're likely low in it. Magnesium glycinate or citrate forms are best.

Berberine

Shown to lower blood sugar and cholesterol, support weight loss, and activate AMPK (your metabolic "master switch"). Often compared to metformin - without the prescription.

CoQ10

Your body makes less with age - and it's essential for energy, brain function, and heart health. Especially useful if you're on statins.

Vitamin D3 + K2

D3 helps calcium absorption and immune function, but without K2 it may go to your arteries instead of your bones. They work best as a pair.

Creatine

Not just for bodybuilders. Creatine supports muscle maintenance, brain health, and even mood - especially useful if you're over 60 and staying active.

Omega-3s (EPA/DHA)

Support brain, joint, and heart health. You're not getting enough from food alone - even with fish 2x a week.

Lion's Mane Mushroom

A natural nootropic shown to support memory, focus, and nerve regeneration. Backed by early clinical trials and great for staying sharp.

Supplements That Are Overhyped or Underperforming

Multivitamins (Low Quality)

Most cheap multis use poor-quality forms your body can't absorb. Go for targeted, high-bioavailability formulas instead.

Glucosamine/Chondroitin

Outdated for joint health - studies show minimal benefit. Better options include turmeric (curcumin), collagen, or MSM.

Ginkgo Biloba

Once hyped for memory, but recent research doesn't support much benefit in older adults. Consider Lion's Mane instead.

Want help picking high-quality versions of these?

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