

Excerpt Dr. Oz's Anti-Aging Checklist ... Vitamins

The last category on Dr. Oz's anti-aging checklist is vitamins. First up is vitamin D. "We estimate that over half of all Americans are deficient in **vitamin D**," Dr. Oz says.

Dr. Oz says 1,000 units of vitamin D a day will benefit the body in a variety of ways. "Vitamin D is critically important for preventing cancer and critically important for reducing heart problems. It's linked to multiple sclerosis, to juvenile diabetes. It's one of the best ways of reducing infection rates. It's got a ton of things that it does for you to make your immune system function the way you want it to function."

Your body naturally gets vitamin D through sunlight exposure, so Dr. Oz says to get 10 minutes of direct sun exposure to your body or take a vitamin D supplement once a day.

Another important supplement to include with your daily vitamins is calcium, but Dr. Oz says to **always take it with magnesium**. If you don't, you may regret it. "A little constipation," he says.

"You want to take calcium, but you've got to take it with magnesium because if you don't take them together, the magnesium loosens your poop," he says. "The calcium makes it a little bit like concrete." Dr. Oz recommends taking 600 milligrams of calcium and 200 milligrams of magnesium twice daily.

Dr. Oz says the next vitamin on his list is often forgotten: **DHA omega-3**. Dr. Oz says a dose of DHA omega-3 is similar to fish oil but comes in a small pill form. "It comes from a source that we know is pretty clean and doesn't give you the anti-coagulant problems that sometimes you run into with fish oil, so I think DHA omega 3s make a lot of sense," Dr. Oz says. He recommends taking 600 milligrams a day.

If you're over the age of 40, Dr. Oz recommends adding **two baby aspirins** to your daily regime. "We know it's very effective in reducing heart disease, very effective in reducing cancer. We think it might actually reduce wrinkles. There's a lot of things aspirin might do that are beneficial to you not only because it thins your blood, but it's a very powerful anti-inflammatory drug."

Just be sure to take two baby aspirin, not regular aspirin. "A regular aspirin is 325 milligrams," Dr. Oz says. "**Two babies is 162**. So it's half a regular aspirin. The more aspirin you take, the more chances you might have some intestinal discomfort."

The last vitamin on Dr. Oz's list is the **all-important multivitamin**. Dr. Oz says this vitamin should be **cut in half so you have two doses**. "If you divide the vitamin in half, then you stabilize your dose during the day. Take half in the morning, half in the evening."

Dr. Oz says taking a full multivitamin in one dose is like over-filling your tank. "You want to give your body the right amount of fuel for when you need it. Vitamins have water soluble elements to them so they are quickly moved through your system."

If you're confused about which multivitamin is right for you depending on your age and sex, Dr. Oz says to keep it simple. "Everyone takes the basic same multivitamin with two small exceptions," he says. Pre-menopausal women should take a multivitamin with iron in it and 5,000 units of vitamin A. Men and post-menopausal women can take a basic multivitamin with 2,500 units of vitamin A.

When taking your daily vitamins, Dr. Oz says to **make sure to get plenty of fluids**. "Wash them down, especially the aspirin," he says. "If you don't like taking the pills, you can get liquid vitamins. They work as well. Find something that agrees with you that you can automatically make part of everyday life for you."