

Reader's Digest

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13 Anti-Aging Supplements Doctors Trust the Most

These anti-aging supplements may help keep your skin supple, your bones strong, and your brain and body aging gracefully.

Brain health: Terry Naturally Vectomega



"Lots of studies are now starting to tout the effects of omega-3 fatty acids," says Niket Sonpal, MD, assistant professor of clinical medicine at Touro College of

Osteopathic Medicine in New York City. They seem to boost mood and memory, he says, and support skin, hair, and nails..” [**William Sears**](#), MD, co-author of [***The Dr. Sears T5 Wellness Plan***](#), agrees that this is an important supplement—but before adding it to your anti-aging supplements routine, he says, “Ask yourself, ‘Do I eat two to three fistfuls of wild salmon every week?’” Omega-3s occur naturally in fatty fish, such as salmon, sardines, and herring. “If not, then you should take supplements,” he says.

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