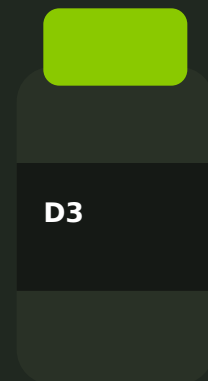
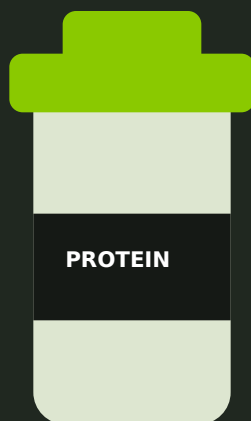
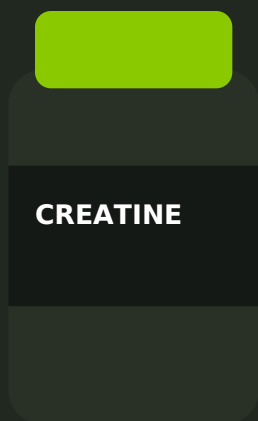


FREE PRACTICAL GUIDE

SUPPLEMENTS AFTER 40

What is useful. When it may help.
How to choose with confidence.



START WITH A NEED. ADD WITH A PURPOSE.

By Aziz | LLLH

For healthy adults who train and want to make informed choices.

01 / MAKE THE DECISION

Your supplement shortlist

A shopping guide to consider, not a stack everyone needs to take.

Start here: consistent training, enough food and protein, sleep and hydration. Supplements support these habits.

01

CREATINE

Consider for strength training

Strong evidence for repeated high-intensity effort.

02

PROTEIN POWDER

Use to fill a food gap

Convenient when meals fall short of your protein needs.

03

VITAMIN D / MAGNESIUM

Match to intake and clinical need

Useful for specific gaps; more is not automatically better.

04

OMEGA-3 / ELECTROLYTES

Match to diet and activity

Consider fish intake, sweat losses and session conditions.

Being over 40 does not automatically mean you need supplements. Choose a clear reason, check suitability and avoid buying everything at once.

Sources: [1], [2], [3], [4], [5]. Full clickable references on page 8.

02 / THE TRAINING OPTION

Creatine monohydrate

A well-studied option to support strength and repeated hard efforts.



3-5 g DAILY

Use plain creatine monohydrate.
Take consistently, including rest days.
A loading phase is optional.

WHAT TO EXPECT

Creatine can support resistance-training performance and gains over time. It does not replace training. Some people gain scale weight from water held in muscle.

HOW TO KEEP IT SIMPLE

Mix it with water or another drink. Choose a time you can remember. If it upsets your stomach, try a smaller serving with food.

BEFORE YOU START

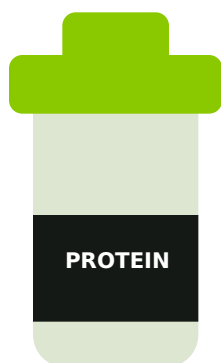
With kidney disease or abnormal kidney tests, seek individual advice. Tell the clinician interpreting your blood tests that you use creatine: it can affect creatinine readings.

Sources: [1], [2]. Daily dose is general guidance for healthy adults.

03 / A CONVENIENT FOOD OPTION

Protein powder

Useful when you struggle to get enough protein from meals.



20-30 g PROTEIN

An example serving to fill a shortfall.
Check grams of protein on the label;
a scoop of powder is not all protein.

CHECK YOUR DAY FIRST

Add up the protein you usually get from meals. Use a shake only when it helps close that gap; you do not need one after every workout.

A SIMPLE EXAMPLE

If your agreed daily target is 140 g and meals supply 115 g, a serving with 25 g protein fills the difference.

CHOOSE WHAT SUITS YOU

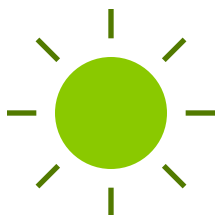
Whey is convenient if you tolerate dairy. Isolate often has less lactose, but is not suitable for milk allergy. Soy or a complementary plant blend can work too. Check allergens and serving size.

Source: [1]. The example is illustrative, not a universal protein target.

04 / MATCH NUTRITIONAL NEEDS

Vitamin D & magnesium

Correct a relevant gap. Do not assume that everyone needs both.



VITAMIN D

Supports bone health and normal muscle function. Consider intake and clinical risk; a clinician can decide whether testing is useful.

Reference intake: 600 IU (15 mcg)/day for ages 19-70; 800 IU (20 mcg) from 71. These are total daily intake targets, not deficiency-treatment doses.

Avoid long-term intakes above 4,000 IU/day without supervision. High-dose correction needs individual advice.



MAGNESIUM

Start with nuts, seeds, beans, whole grains and leafy vegetables. Supplement only if needed to help cover intake.

Men over 30 need about 420 mg/day in total. Read the elemental magnesium amount. The adult upper limit from supplements and medicines is 350 mg/day unless advised otherwise; food magnesium is excluded.

Sleep benefits remain uncertain. Extra caution is needed with kidney disease; ask a pharmacist about medicine spacing.

05 / USE WHEN RELEVANT

Diet & sweat-loss support

Two options with different purposes. Neither is a daily requirement for everyone.

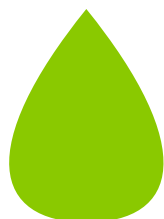


OMEGA-3

If you rarely eat oily fish, discuss whether fish oil or an algae-based EPA/DHA product fits your needs.

Read EPA + DHA per serving. A 1,000 mg fish-oil capsule does not necessarily contain 1,000 mg of EPA + DHA. There is no single muscle-building dose for everyone.

Review use with a clinician if taking anticoagulants or with a history of atrial fibrillation. Avoid self-prescribing high doses.



ELECTROLYTES

Most ordinary gym sessions can be covered by water and regular meals. Extra electrolytes may help during prolonged exercise, heat or heavy sweating.

Match the product to the session and your needs. Check sodium and other ingredients; avoid stacking several electrolyte products.

Get advice if you have kidney or heart disease, a fluid restriction, or take medicines that affect potassium.

06 / SPEND WITH A PURPOSE

Read past the marketing

A clear label is more useful than a long list of promises.

LOW PRIORITY FOR MOST FOLLOWERS

BCAAs: usually add little when enough complete protein is already in your diet.

Fat burners and rapid-transformation blends: claims can exceed the evidence; stimulant combinations may cause side effects.

YOUR LABEL CHECKLIST

1. Identify the exact ingredient and amount per serving.
2. Check serving size, allergens and overlapping ingredients.
3. Prefer transparent formulas to undisclosed blends.
4. Check expiry, seal and seller credibility.
5. Verify third-party certification in its official directory.

Look for credible testing, such as NSF Certified for Sport. Testing can reduce contamination risk and check label accuracy; it does not prove a product works for your goal.

If medicines, other supplements or a medical condition are involved, take the actual label to your pharmacist or clinician.

Sources: [1], [7], [8]. No product brands or affiliate recommendations.

07 / YOUR STARTING CHECKLIST

Build your own short list

You may need one product, a few, or none. Start with the reason.

- ☐ Write down the goal or gap I am trying to address.
- ☐ Review my meals, training, sleep and hydration first.
- ☐ Check suitability with my medicines and health history.
- ☐ Choose a transparent, appropriately tested product.
- ☐ Record the ingredient, serving size and daily total.
- ☐ Introduce one product at a time and review tolerability.

A practical starting point: consider creatine for strength training and protein powder if meals fall short. Add other products only for a relevant dietary or clinical reason. Stop and seek advice if a product causes an adverse reaction.

SOURCES & FURTHER READING

- [1] NIH ODS - Exercise & athletic performance
- [2] JISSN - Creatine questions & misconceptions (2021)
- [3] NIH ODS - Vitamin D
- [4] NIH ODS - Magnesium
- [5] NIH ODS - Omega-3 fatty acids
- [6] NIH NCCIH - Sleep & complementary health
- [7] NSF - Supplement certification
- [8] FDA - Dietary supplements

Follow LLLH for practical training, nutrition and recovery after 40.

Prepared October 2026. General education; individual advice may differ.