

# Harper's BAZAAR

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## WHAT SUPPLEMENTS TO TAKE AT EVERY AGE

Holistic experts agree that vitamins, minerals and super-star supplements can improve your body (and mind) at every age. *BAZAAR* consulted Dr. Richard Firshein, a specialist in integrative medicine and author of the *Vitamin Prescription (For Life)* and Dr. Frank Lipman, founding director of Eleven-Eleven Wellness Center in New York City, about natural ways to boost energy, bring a glow to the skin and fine-tune the system. Just remember to consult your doctor to determine if these suggestions make sense for you and to discuss the correct dosage amounts.

By Kari Molvar



### 30's, Christy Turlington

Small shifts in your energy and digestive health occur during this decade. “When you are younger, your body can compensate more easily for the abuse it takes,” says Dr. Lipman. To stay in top shape, talk to your doctor about taking probiotics to improve digestion, vitamin B12 to fight fatigue, and fish oils to keep dry skin at bay (moisture levels start to decline in your 30s). If you’re thinking about getting pregnant at some point, it’s important to take folic acid now to protect against birth defects.



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## 60's, Diane von Furstenberg

Go for tailored approach—if you're taking medications for age-related issues, talk to your doctor about which natural supplements are best. "I usually suggest coenzyme Q10 for heart health and phos-serine or acetyl-carnitine for memory," says Dr. Firshein. Otherwise, aim for a well-balanced mix of vitamin D, probiotics, calcium, magnesium and vitamin K for overall health, recommends Dr. Lipman.