

Common Supplements

This guide provides information on **common supplements**, their **recommended daily dosages by age**, and their **health benefits**. Always consult a doctor before starting any supplement, especially if you have medical conditions or take medications.

List of Supplements, Dosages, and Benefits

Supplement	Typical Dosage by Age	Key Benefits
Calcium	1,000 mg (Adults 19-50) 1,200 mg (Women 51+ & Men 71+) 1,300 mg (Teens 14-18)	Supports bone health, muscle function, and nerve signaling ; prevents osteoporosis
Vitamin D3	600 IU (Adults 19-70) 800 IU (Adults 71+) 1,000-2,000 IU (If deficient)	Improves calcium absorption, bone strength, and immune function
Magnesium	300-400 mg (Adults) 200 mg (Teens)	Helps with muscle relaxation, nerve function, and bone health ; prevents cramps
Collagen Peptides	10 g daily	Supports joint, tendon, ligament, and skin health
Omega-3 Fatty Acids (Fish Oil)	1,000 mg daily (EPA/DHA combined)	Reduces joint inflammation, supports brain and heart health
Turmeric (Curcumin)	500 mg twice daily	Natural anti-inflammatory , helps with joint pain and muscle recovery
Glucosamine & Chondroitin	1,500 mg/1,200 mg daily	Supports cartilage repair, joint flexibility, and arthritis management
Iron	18 mg (Women 19-50) 8 mg (Men & Women 51+) 27 mg (Pregnant Women)	Prevents and treats iron-deficiency anemia, fatigue, and weakness
Vitamin C	500-1,000 mg daily	Enhances collagen production, immune function, and iron absorption

Potassium	2,600 mg (Women 19-50) 3,400 mg (Men 19-50)	Regulates muscle function, blood pressure, and hydration
Sodium	1,500 mg daily (Adults) (Limit to 2,300 mg max per day)	Maintains fluid balance and nerve function ; excessive intake can increase blood pressure

Bottom Line

- ✓ **Calcium, Vitamin D, and Magnesium** - Essential for **bone health and muscle function**
- ✓ **Collagen, Glucosamine, and Omega-3s** - Help with **joint, tendon, and ligament health**
- ✓ **Iron and Vitamin C** - Prevent **anemia and support energy levels**
- ✓ **Turmeric and Omega-3s** - Reduce **inflammation and muscle pain**
- ✓ **Electrolytes (Potassium, Sodium, Magnesium)** - Help with **hydration and muscle function**

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.

Always consult your physician prior to taking any supplements or medications.