

Dr. Peter Attia's Supplement Regimen (as of Early 2025)

Peter Attia, MD, a longevity expert and host of *The Drive* podcast, frequently discusses supplements but emphasizes they are not a substitute for diet, exercise, sleep, and other foundational habits. His regimen is personalized based on blood tests (e.g., Omega-3 Index, homocysteine levels) and evolves over time. The most recent detailed public update (November 2024) includes the following, categorized by daily use, sleep aids, and other notes. This is compiled from secondary sources analyzing his podcasts and statements, as he doesn't publish an official "list" on his site.

Note: Attia rates supplements on a 1–10 scale for specific benefits (e.g., preserving cognition) and often stresses evidence-based use. Always consult a doctor before starting any regimen, as dosages can vary by individual needs.

Daily Supplements

- **Omega-3 Fish Oil (EPA & DHA):** Approximately 2.5 g EPA and 1 g DHA daily (e.g., 4 capsules of a high-EPA product like Carlson Maximum Omega 2000). *Rationale:* Supports cardiovascular health, inflammation reduction, and brain function; targets 12% omega-3 in red blood cell membranes via testing.
- **Vitamin D:** 5,000 IU daily. *Rationale:* Maintains blood levels at 40–60 ng/mL for bone health, immune function, and muscle support; monitored via blood tests.
- **Magnesium (various forms):** Up to 1 g elemental magnesium total daily (e.g., 400–500 mg from oxide or citrate; 143 mg from SlowMag chloride; threonate for brain). *Rationale:* Supports muscle relaxation, sleep, and metabolic health; he uses multiple forms for better absorption.
- **Methylfolate (B9) & Methyl B12:** 1 tablet daily (e.g., Jarrow extra strength). *Rationale:* Keeps homocysteine levels below 9 µmol/L to reduce cardiovascular and cognitive risks.
- **Vitamin B6:** 50 mg, 3 times per week. *Rationale:* Assists in homocysteine control.
- **Protein Powder:** 1 shake daily (~25 g high-quality whey isolate, low carb/fat, e.g., Promix). *Rationale:* Supports muscle maintenance and recovery, especially with training.
- **Creatine Monohydrate:** 5 g daily (micronized, during workouts). *Rationale:* Enhances strength, muscle mass, and possibly cognition; evidence from recent studies he highlights.
- **AG1 Green Powder:** 1–2 scoops daily (Athletic Greens). *Rationale:* Provides micronutrients, probiotics, and adaptogens for overall nutrient gaps.
- **Probiotics (Pendulum Glucose Control, Akkermansia, Polyphenol Booster):** Per bottle instructions (morning). *Rationale:* Improves glucose control, GLP-1 secretion, and gut health via polyphenols (e.g., pomegranate, grape seed).
- **Theracurmin (Curcumin Extract):** Dose not specified. *Rationale:* Anti-inflammatory; rated 6/10 for cognitive preservation.

Sleep-Focused Supplements

- **Glycine:** 2 g before bed. *Rationale:* Acts as an inhibitory neurotransmitter to shorten sleep latency and improve deep sleep.
- **Ashwagandha:** 300 mg before bed (e.g., Solgar). *Rationale:* Reduces cortisol and improves sleep onset/efficiency; milder than alternatives like phosphatidylserine.
- **Magnesium L-Threonate:** 2 capsules before bed (~96 mg elemental magnesium). *Rationale:* Crosses the blood-brain barrier for better relaxation and cognitive support.

Other Notes from Attia

- He focuses on **evidence-based supplements** with strong data (e.g., omega-3, vitamin D) and avoids hype. In older discussions (e.g., 2023 podcasts), he mentioned similar items but has added probiotics and adjusted based on new research.
- Prescription meds (e.g., rapamycin for longevity) are part of his routine but not supplements.
- Attia recommends blood testing to guide dosing (e.g., for vitamin D, B vitamins) and rates many supplements modestly (e.g., curcumin at 6/10 for cognition).

This regimen is not one-size-fits-all—Attia tailors it to his biomarkers and lifestyle. For the latest, check his podcast *The Drive* or peterattiamd.com, as he discusses updates in AMAs