

Capt. Alex's Longevity Stack

My personal daily supplement routine, simple, three touchpoints a day. These are the ones I actually use and recommend.

■ Morning

Microingredients - Collagen Peptides <https://amzn.to/3loUlxu> Supports joint health, skin elasticity, and recovery.

Optimum Nutrition - Creatine Monohydrate (3–5 g) <https://amzn.to/4gNDq9O> Boosts energy, focus, and muscle strength.

■ Lunch/Dinner

Microingredients - Pumpkin Seed Oil <https://amzn.to/3KPBu4B> Supports prostate and heart health.

Sports Research - Vegan Algae Oil (Omega-3) <https://amzn.to/46xpg9n> Brain and heart support without fish oil.

Thorne - Vitamin D3 + K2 (Liquid, 2 drops) <https://amzn.to/4nvFN3x> Bone strength, immune support, and safe calcium Absorption.

■ Evening

Naturebell - Magnesium Taurate <https://amzn.to/42oHYxr> Calms the nervous system and supports heart rhythm.

Naturebell - Moringa <https://amzn.to/4nqLTIT> Rich in antioxidants, boosts energy, and supports overall wellness.