



THE LONGEVITY PROJECT

Supplements with Rosie Millen



Link: <https://youtu.be/Di1mMWEBTrA>

Supplements are widely used.

But not always correctly.

More is not always better.

And not everyone needs them.

When used appropriately, supplements can support:

- Energy
- Immunity
- Recovery
- Long-term health

The key is targeted supplementation.

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Do We Need Supplements?

In many cases, a well-balanced diet should provide the nutrients the body needs.

However, modern lifestyles, stress, soil depletion and dietary patterns mean that deficiencies can still occur.

Supplements can help fill specific gaps — but should not replace food.

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Targeted Supplementation

Rather than taking multiple supplements without direction, the focus should be on what your body actually needs.

Targeted supplementation is:

- Personalised
- Purposeful
- Evidence-based

This approach avoids unnecessary supplementation and supports better outcomes.

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Food First

Nutrition should always begin with food.

Whole foods provide:

- A complex matrix of nutrients
- Better absorption
- Additional compounds that support health

Supplements should be used to support, not replace, a healthy diet.

Choosing Quality Supplements

Not all supplements are created equal.

When selecting supplements, consider:

- Ingredient quality
- Bioavailability
- Dosage
- Transparency of formulation

Low-quality supplements may be ineffective — or poorly absorbed.

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THE LONGEVITY PROJECT Probiotics

Probiotics are beneficial bacteria that support the gut microbiome.

A healthy gut is linked to:

- Digestion
- Immunity
- Mood
- Energy

Probiotic supplementation can support gut balance, particularly after antibiotics or periods of stress.

Key Supplements

Some supplements may be considered depending on individual needs.

These can include:

- Magnesium
- Vitamin D
- Omega-3 fatty acids
- B vitamins
- Probiotics

The focus should always be on quality and relevance, rather than quantity.

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The Key Takeaway

Supplements can be valuable — when used correctly.

The most effective approach is:

- Food first The Key Takeaway
- Targeted supplementation
- High-quality products

Understanding what your body needs is essential for achieving meaningful results.

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