



5 TOP LONGEVITY SUPPLEMENTS TAKEN BY LONGEVITY AUTHORS



Peter Attia: Rapamycin

Author of *Outlive* and popular longevity podcast host, Dr. Attia has been very open¹ about personally taking rapamycin for longevity benefits. It's a prescription drug, but can be prescribed off-label from certain doctors.



Nir Barzilai: Metformin



Author of *Age Later*, Dr. Barzilai is actually leading a study of metformin, called the TAME trial, to investigate its effects on aging. He's been taking it personally for over 5 years². Also a prescription drug (for diabetes), metformin can be prescribed off-label.



José Cordeiro: Quercetin

Author of *The Death of Death* and popular longevity speaker, Cordiero admits to taking several possible longevity supplements³, including the senolytic quercetin.



Sandra Kaufmann: alpha ketoglutarate (AKG)



Author of *The Kaufmann Protocol*, Dr. Kaufmann has investigated hundreds of potential longevity supplements to develop her protocol⁴, which she personally takes herself. One of the most promising is AKG.



David Sinclair: NMN

Author of *Lifespan* and famous Harvard longevity scientist, Dr. Sinclair both studies NMN (nicotinamide mononucleotide) in his lab, finding it increases mouse lifespan, but also takes a gram of it himself every morning⁵.



Sources:

1. <https://www.newyorker.com/magazine/2024/04/22/how-to-die-in-good-health>
2. <https://www.science.org/content/article/feature-man-who-wants-beat-back-aging>
3. <https://www.longevityadvice.com/expert-longevity-diet/>
4. <https://kaufmannprotocol.com/dosages-and-links-to-purchase>
5. <https://www.lifespanpodcast.com/nmn-nr-resveratrol-metformin-and-other-molecules-for-longevity/>