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The Supplements Every Baby Boomer Needs

Jenn Sinrich | October 20, 2025



If you were born between 1946 and 1964, you're officially a Baby Boomer, a title coined during the post-World War II "baby boom," when birth rates soared and one generation reshaped our entire society.

Fast-forward 60-ish years, and many Boomers are well into their 60s and 70s. You may be enjoying a well-earned retirement and pursuing hobbies you may have put off during your working and parenting years; you might be spending your free time chasing grandchildren around; or you may be keeping busy with full-time work or a more laid-back post-career gig.

Of course, age brings a few less welcome changes, too. Stiffer joints, more fragile bones, higher cholesterol, and occasional memory lapses are all common, notes Melanie Crum, R.D., a registered dietitian and nutrition lead coach at **POP Recovery Systems**. "Baby Boomers often ask the same question: *What can I do to stay strong, independent, and full of energy?* The good news is that simple changes in nutrition, lifestyle, and supplement use can make a big difference," she says.

Research confirms what many Boomers already feel: rates of muscle mass decline have increased since midlife, bone density is decreasing more rapidly (especially for women post-menopause), and your immune function gradually weakens, making various bugs and illnesses more troublesome.

That said, it's far from too late to up-level your health and well-being to feel your best throughout these golden years and beyond. Here's a look at Boomers' unique needs, plus a few of the supplements experts recommend prioritizing.

- **ABOUT OUR EXPERTS:** Melanie Crum, R.D., is a registered dietitian and nutrition lead coach at POP Recovery Systems. Kiera Lane, N.M.D., MSAC, L.Ac., Dipl. Ac., is a naturopath and director of Arizona Natural Medicine.



Baby Boomers' Biggest Health Needs

For adults in their 60s and 70s, staying healthy is about much more than just avoiding illness—it's about protecting independence, sustaining energy, and enjoying a high quality of life, explains naturopath Kiera Lane, N.M.D., MSAc, L.Ac., Dipl. Ac., director of Arizona Natural Medicine.

Among Boomers' top health concerns: joint function, bone and muscle integrity, heart health, and cognition. "These challenges are normal with age, but nutrition and supplements can help slow or ease the change," Crum says.

"Joint health often tops the list, as stiffness or pain can make once-simple activities feel limiting," Lane says. "This is why mobility and strength training become so important to preserve freedom of movement." (Research shows that adults 60 and over who lifted weights gained strength, made mental health gains, and were better able to carry out daily tasks compared to those who didn't strength train.) As Boomers start to see an increase in fractures or falls, bone density also becomes increasingly important.

Of course, this generation is likely keeping tabs on their cardiovascular health, too, as heart disease remains the leading cause of death for both men and women in the U.S. "Today's approach goes beyond tracking cholesterol, as Boomers are paying closer attention to blood pressure and fitness levels in relation to how they impact their heart," Lane suggests.

Finally, "with early memory changes on many minds, more Boomers are proactively protecting brain function through diet, mental stimulation, exercise, and strong social connection," says Lane.

The Best Supplements for Baby Boomers

Healthy lifestyle habits are absolutely essential for preserving your health, but the right supplements can be powerful allies here. Experts recommend focusing on a few key players.

1. Calcium Citrate

If bone health is a priority for you, calcium should be, too. After menopause, women can lose up to 20 percent of their bone density in just five to seven years, while men see a steady decline as testosterone drops.

"As bone density naturally declines with age, calcium helps keep bones strong and reduces the risk of fractures, which is a major concern in this generation," Lane says. "Calcium citrate is one of the most absorbable forms and is particularly effective for older adults, since it doesn't require stomach acid for absorption."

Unlike some other forms of calcium, calcium citrate can be taken with or without food, which makes it easier to work into a daily routine. Lane recommends 800 to 1,000 milligrams of calcium citrate daily for older adults, ideally paired with magnesium, which helps ensure the calcium gets into the bones (instead of causing buildup in soft tissues). "A balanced ratio—either 1:1 (equal amounts) or up to 2:1 (twice as much calcium as magnesium)—helps support not just bone health, but also muscle and nerve function," she adds.



2. Vitamin D

Calcium might be what your body needs to keep your bones strong, but it can't do its job efficiently without vitamin D. Think of calcium like the bricks of a building and vitamin D as the mortar that holds everything in place. Without enough vitamin D, your body can't effectively absorb calcium, which puts bone density at risk as you age, explains Crum. "Vitamin D is crucial not only for maintaining bone health but also for supporting immune function and muscle performance," she says.

Deficiency is surprisingly common in older adults, partly because the skin's ability to make vitamin D from sunlight declines with age, and many people spend more time indoors as they get older. Low levels have been linked to higher rates of fractures, falls, and even mood changes.

Most adults do well with 1,000 to 2,000 IU of vitamin D3 daily, according to Crum. (Some people with significant deficiencies may need higher amounts, which should be taken under medical supervision.) She recommends taking vitamin D with a meal that contains fat, since it's a fat-soluble vitamin and absorbs best that way.

"If you're unsure about your vitamin D status, ask your provider for a blood test," Crum suggests. "That way, you'll know whether you need a standard maintenance dose or a higher therapeutic amount."

3. Magnesium

By the time you hit your 60s and 70s, low magnesium might show up as nighttime leg cramps, restless sleep, constipation, or even creeping blood pressure, notes Lane.

"This mineral works behind the scenes to keep your nervous system calm, steady your heart rhythm, and help direct calcium to your bones, which is important for reducing your fracture risk," she says. "For Boomers, magnesium is also a gentler option than many sleep aids, especially for those already taking multiple medications."

Both experts recommend looking for magnesium glycinate, which is helpful for relaxation and sleep, or magnesium citrate, which can help with constipation. "Most adults in this age group do well with 200 to 400 milligrams per day, often split between morning and evening," she says. "Just keep in mind that too much magnesium can cause diarrhea. It's also important to check with your healthcare provider before supplementing if you have kidney disease."

4. Coenzyme Q10 (Ubiquinol)

You might think that energy slumps are par for the course in your 60s and 70s, but one common culprit might be a natural decline in CoQ10, a compound your body makes less and less of as you age.

CoQ10 is found in every cell and is mainly responsible for helping to convert food into energy your body can use. It's also especially important for your heart and brain, both of which require enormous amounts of energy to function, notes Lane. "To make matters trickier, many Baby



Boomers take statin medications for cholesterol, which further deplete CoQ10 and can leave you feeling fatigued or achy,” she says.

She recommends supplementing with CoQ10 in its active form, ubiquinol, which is easier for the body to absorb and use. “Restoring those levels helps your cells generate energy more effectively, supports heart function, and can even ease the muscle pain that sometimes comes with statin use,” she says. “Most older adults do well with 100 to 200 milligrams per day, taken with a meal that contains fat for better absorption.”

CoQ10 is generally safe, but Lane points out that it can sometimes slightly lower blood pressure, so she suggests double-checking with your provider before supplementing if you’re already on blood pressure meds.

5. Curcumin

If stiff knees or achy hands keep you from daily walks or pickleball, curcumin (the active compound in turmeric) belongs on your radar. Research has shown curcumin is an all-star for joint comfort. In fact, one review of 23 clinical trials published in the *Journal of Ethnopharmacology* followed 2,175 people who had knee discomfort and found that curcumin significantly improved daily comfort and function.

Curcumin may offer bonus perks for heart health, too. Across dozens of randomized trials, curcumin consistently improved cholesterol and triglyceride numbers. On average, people saw lower total cholesterol, LDL (“bad”) cholesterol, and triglycerides, along with a small bump in HDL (“good”) cholesterol.

“Most clinical studies on joint function and inflammatory response use about 500 to 1,000 milligrams of standardized curcumin extract per day, often split into two doses (morning and evening),” says Crum. “Look for forms that are paired with black pepper extract (piperine) or labeled as ‘enhanced absorption’ (like phytosome or water-dispersible formulas), since curcumin by itself isn’t absorbed well.”

6. Collagen Peptides

By the time you’re in your 60s and 70s, your body is producing a lot less collagen than it used to, which can result in stiffer joints or even changes in your skin or hair. “Collagen is the structural protein that holds everything—bones, cartilage, tendons, ligaments, and skin—together,” says Lane. “As it declines, aches feel louder, skin loses elasticity, and bone strength can slip.”

That’s where collagen peptide supplements come in. In a year-long study of postmenopausal women, those who took five grams of collagen peptides daily gained bone strength in their spine and hips. A big win for Boomers looking to lower their risk of fractures.

Another study on adults with knee issues found that those supplemented with collagen peptides reported less knee discomfort and better mobility than those taking a placebo.

Lane recommends aiming for 20 to 30 grams of collagen once or twice per day, depending on dietary intake. “Since collagen adds extra protein to the diet, those with advanced kidney disease



should consult a healthcare provider before high protein intake,” she says. “If you avoid animal products, look for ‘vegan collagen builders,’ which are made from nutrients that support your body’s own collagen production.”

7. Resveratrol

If you’ve ever heard that red wine is “good for your heart,” resveratrol is the antioxidant compound behind that reputation. Found naturally in grapes and berries, resveratrol has been widely studied for its role in supporting healthy aging.

In fact, one study found that older adults who took about 1,000 milligrams of resveratrol each day showed faster thinking and reaction time in some tests, a potential sign that the supplement may help sharpen mental quickness.

Another study, published in the journal *Experimental Gerontology*, found that adults in their 60s and 70s dealing with mobility challenges saw greater improvements when they paired resveratrol with exercise than when they exercised alone. The combo helped them walk farther and improved their muscles’ energy production.

Most research supports daily doses between 150 and 500 milligrams for general wellness. Lane recommends starting on the lower end and taking your supplement with a meal that contains healthy fat (such as olive oil, avocado, or nuts) for optimal absorption because resveratrol is fat-soluble.

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