



Thrive: General male recommendations for improved blood health.

Vitamin D: *This vitamin's biggest claim to fame is its role in strengthening your skeleton. But vitamin D isn't a one-trick nutrient: A study in Circulation found that people deficient in D were up to 80 percent more likely to suffer a heart attack or stroke. The reason? D may reduce inflammation in your arteries.*

Magnesium: *This lightweight mineral is a tireless multitasker: It's involved in more than 300 bodily processes. Plus, a study in the Journal of the American College of Nutrition found that low levels of magnesium may increase your blood levels of C-reactive protein, a key marker of heart disease. Fortify your diet with more magnesium-rich foods, such as halibut and navy beans.*

Vitamin B12: *Consider B12 the guardian of your gray matter: In a British study, older people with the lowest levels of B12 lost brain volume at a faster rate over a span of 5 years than those with the highest levels. You'll find B12 in lamb and salmon, but the most accessible source may be fortified cereals. That's because the B12 in meat is bound to proteins, and your stomach must produce acid to release and absorb it. Eat a bowl of 100 percent B12-boosted cereal and milk every morning and you'll be covered,*