

Almost all supplements are useless, experts say. Here's a few that offer some benefits

The U.S. dietary supplement industry has exploded in the last 30 years, growing from about 4,000 products in 1994 to more than 95,000 on the market today, according to the [Food and Drug Administration](#). These capsules, powders, gummies and tinctures are often labeled with big — if vague — claims like “supports immune health” or “improves brain performance.”

But most supplements have not been rigorously tested for safety or effectiveness, said Dr. JoAnn Manson, a professor of medicine at Harvard Medical School.

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But, she said, there are some instances where taking a supplement may improve your health. Here are some of the main ones.

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Collagen. Collagen, is [one of the most abundant proteins](#) in the body and helps form our skin, bones, muscles, tendons and ligaments. As we age, we naturally start reducing its production.

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Vitamin B6. This essential nutrient is involved in a number of chemical reactions that are [important for the proper functioning of the immune and nervous systems](#). As with the other essential vitamins, the body cannot produce B6 on its own.

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Melatonin. The hormone [is released by our brains](#) as it starts to get dark outside, making us sleepy. Taking it in supplement form [tricks your body into feeling like it's nighttime](#).

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[Several recent trials](#) have also found that multivitamins may improve memory and slow cognitive decline in older adults, though more research is needed, Dr. Manson said.

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