

15 Anti-Aging Supplements Worth Buying

Lindsay Cohn

Health experts share the anti-aging supplements that may be worth buying according to health experts, from glucosamine to zinc.

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Zinc

Perhaps you **take zinc when you have a sore throat**, but this essential trace element is necessary for overall well-being. According to New York City-based plastic surgeon **Michelle Yagoda**, MD, it's imperative for proper immune function, digestion, and sense of taste. And it's even more important as you get older, which is why it's included on our list of anti-aging supplements. Nutritional deficiency can leave you open to age-related chronic illnesses, including atherosclerosis, immunosenescence (weakening of the immune system), and cancer.