
16. Mito Inventory of Current Supplements

Use this worksheet to inventory each supplement you already take before adding a new supplement. It will help you see what you already take, what each product may be doing, where you may have overlap, and what questions to bring to your healthcare provider.

Product name: _____

Brand: _____

Why I take it / what I hope it helps:** _____

When did I start taking this? _____

How often I take it: _____

Dose on the label: _____

Main supplement compounds (active ingredients):

Primary role: _____ / Safekeeper / Optimizer / Builder / Mixed / Not sure

Also supports (if any): _____

Which Mito-Audit goal does this connect to? _____

What this product may already support: _____

What may still be missing: _____

Questions for my doctor, pharmacist, or specialist:

Questions to ask AI about this supplement or this label:

What changes have I noticed, if any? _____

After you have listed all of your supplements and their active ingredients, ask yourself:

1. Which products appear to overlap heavily?
2. Which ones are foundational support and which are targeted?
3. Which ones connect clearly to my Mito-Audit priority?
4. Which ones am I taking without a clear reason?
5. Which ones require a healthcare professional's input on dose, testing, or interactions?

Compare your supplement inventory, Appendix C and your Mito-Audit:

1. Right now, I am looking for a supplement or stack that helps with:

2. What I already take that may partly cover this:

3. What I still need to ask my healthcare professional:

*From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity***

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
