

# W

SPRING  
AHEAD!  
THE  
SEASON'S  
SWEET,  
SEXY  
CLOTHES

## At Home Exclusive:

Sitting in a white terrycloth robe at her *W* photo shoot, her eyelids caked with smoky shadow and her hair volumized to the hilt, she's rummaging through a sandwich-size plastic bag of tablets with the focus of a junkie preparing for her next hit. "This is my Aloe C, which I dissolve in water," she says, brandishing a giant orange pill. "Here's my flax. This one's for my immune system, and this one is my BrainWave—it's great, like if I have a lot of lines to memorize." Swank takes nearly 45 supplements a day, tossing them into her mile-wide maw at various hours according to a carefully determined schedule. "I just took my most important ones, which are my Oz Garcia Longevity Pak," she continues, rattling the empty green packet. "I shoved them in my mouth right before I met you, which I actually shouldn't do, because I choked on my vitamins once before."

A devotee of celebrity nutritionist [Oz Garcia](#) for the past seven years, Swank sees her regimen as one of the secrets to her success. "Oz has changed my life. The Longevity Pak is so *awesome*," she says, eyes shining. (And later, as if the sack of supplements wasn't enough, she excuses herself so that a visiting nurse can give her a vitamin injection.)

Whether it's truly the vitamins or just genetics, Swank, 33, certainly looks good these days. Her bulging *Million Dollar Baby* guns long gone, the actress is strikingly feminine in person, with an ultralean yet curvaceous physique that shimmies easily into the Calvin Klein dress she dons for the *W* cover. Her newly shorn hair (cut just two weeks ago on *The Oprah Winfrey Show* to promote a charity effort) looks sexy and chic, and her skin seems to radiate health.

# SWANK!

Hilary Swank on Being in Love Again, Her Extreme Health Regimen and Her Romantic New Role

