

Men 20–30 — Muscle-Building Stack

Purpose

Men in their twenties are primed for muscle growth thanks to naturally high testosterone and growth hormone. This stack is built to maximize hypertrophy, optimize recovery, protect joints, and ensure sustainable progress without overtraining.

System-by-System Optimization

Musculoskeletal / Anabolic Drive (Score: 10/10)

Creatine Monohydrate: Gold-standard supplement for hypertrophy. Increases intramuscular phosphocreatine, improving ATP regeneration, strength, and muscle volume. Dose: 0.05 g/lb.

Beta-Alanine: Increases intramuscular carnosine, buffering lactic acid to sustain high-rep sets. Dose: 0.04 g/lb.

Essential Amino Acids (EAAs): Stimulate muscle protein synthesis beyond dietary protein. Dose: 0.05–0.1 g/lb, peri-workout.

Whey Isolate (or equivalent fast protein): Delivers leucine-rich protein to maximize post-training MPS. Dose: 0.6–0.8 g protein/lb total daily intake.

Collagen Peptides: Protect joints, tendons, and ligaments under heavy training. Dose: 0.06 g/lb.

Vitamin C: Supports collagen hydroxylation and tendon resilience. Dose: 3 mg/lb.

Silica: Strengthens connective tissue and bone. Dose: 1 mg/lb.

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2: Enhances testosterone synthesis, calcium handling, and recovery. Dose: 40–60 IU/lb + 100 mcg K2.

Zinc + Copper: Zinc drives testosterone production; copper maintains enzymatic balance. Dose: 0.2 mg/lb zinc, 0.01 mg/lb copper.

Ashwagandha: Lowers cortisol and enhances testosterone and strength outcomes. Dose: 2 mg/lb.

Tongkat Ali: Stimulates LH secretion to boost testosterone output. Dose: 1.2 mg/lb.

Boron: Lowers SHBG, increasing free testosterone. Dose: 0.1 mg/lb.

Cellular / Mitochondrial (Score: 10/10)

NMN: Restores NAD⁺ for mitochondrial energy and recovery. Dose: 0.5–1 mg/lb.

R-Alpha-Lipoic Acid: Enhances insulin sensitivity and glycogen storage. Dose: 0.5–1 mg/lb.

Acetyl-L-Carnitine: Improves fatty acid transport and CNS drive during training. Dose: 6–8 mg/lb.

Rhodiola Rosea: Adaptogen that reduces fatigue and enhances VO₂max. Dose: 1 mg/lb.

Neurocognitive / Training Focus (Score: 10/10)

L-Tyrosine: Dopamine precursor for focus and motivation. Dose: 5–7 mg/lb pre-workout.

Caffeine: Improves strength, alertness, and endurance. Dose: 2–3 mg/kg pre-training.

L-Theanine: Smooths stimulant edge and reduces anxiety. Dose: 100–200 mg.

Lion's Mane Mushroom: Enhances neuroplasticity, aiding motor learning. Dose: 3–5 mg/lb extract.

CDP-Choline + Alpha-GPC: Choline donors to support neuromuscular junction efficiency. Dose: 1.5 mg/lb CDP + 2 mg/lb Alpha-GPC.

Cardiovascular / Recovery (Score: 10/10)

Omega-3 (EPA/DHA): Reduces inflammation from heavy training, stabilizes joints and cardiovascular function. Dose: 30–35 mg/lb.

CoQ10 (Ubiquinol): Enhances mitochondrial energy in heart and muscle. Dose: 1 mg/lb.

Magnesium Glycinate: Supports muscle relaxation, recovery, and glucose metabolism. Dose: 4–5 mg/lb.

Immunologic / Anti-inflammatory (Score: 10/10)

Curcumin (with Piperine): Lowers DOMS and chronic inflammation. Dose: 1 mg/lb.

Quercetin: Antioxidant that reduces exercise-induced oxidative stress. Dose: 3–4 mg/lb.

Reishi Mushroom: Balances immune system and recovery. Dose: 6–7 mg/lb.

Sleep / Growth (Score: 10/10)

Magnesium L-Threonate: Improves sleep quality and cognitive recovery. Dose: 10 mg/kg.

Apigenin: Supports GABAergic relaxation for deep sleep. Dose: 50 mg.

Glycine: Improves sleep depth and supports collagen synthesis. Dose: 0.02–0.03 g/lb.

Tart Cherry Extract: Provides melatonin precursors and polyphenols. Dose: 6 mg/lb.

Daily Routine

Morning: NMN, Rhodiola, Acetyl-L-Carnitine, Omega-3, Vitamin D3/K2, CoQ10, Astaxanthin, Lion's Mane, CDP-Choline, Alpha-GPC, Uridine.

Pre-Workout: Creatine, Beta-Alanine, L-Tyrosine, Caffeine + L-Theanine, EAAs.

Post-Workout: Whey Isolate, Collagen + Vitamin C.

Midday: Curcumin, Quercetin, R-ALA, Fiber + Probiotic.

Afternoon: NAC, Ashwagandha, Tongkat, Boron, Zinc + Copper.

Evening: Magnesium Glycinate, Magnesium L-Threonate, Glycine, Apigenin, Tart Cherry.

Disclaimer

This guide is for educational purposes only. It does not constitute medical advice, diagnosis, or treatment, and it does not establish a doctor–patient relationship. Supplementation, dosing, and timing should be personalized under the supervision of a qualified healthcare provider. Always consult your physician before beginning any new supplement regimen.