

Men 20–30 — Weight Maintenance Stack

Purpose

Maintain a healthy body weight after a successful cut or while metabolically stable. Priorities are appetite stability, insulin sensitivity, lean-mass retention, lipid control, inflammation control, and sleep consistency so weight remains steady without rebound.

System-by-System Optimization

Cardiovascular / Metabolic (Score: 10/10)

Omega-3 (EPA/DHA): Keeps triglycerides low and supports endothelial function during normocaloric intake. Dose: 30–35 mg/lb.

Ubiquinol (CoQ10): Sustains energy and exercise capacity to preserve activity-driven energy expenditure. Dose: 1 mg/lb.

Astaxanthin: Maintains lipid oxidation balance and exercise recovery. Dose: 0.05–0.08 mg/lb.

Magnesium Glycinate: Core mineral for glucose control and blood pressure maintenance. Dose: 4–5 mg/lb.

Tocotrienols: Support arterial elasticity and healthy lipid profiles long-term. Dose: ~1 mg/lb.

Bergamot Extract: Natural lipid modulation to prevent slow drift of LDL/TG upward as life gets busier. Dose: 2–3 mg/lb.

Cellular / Mitochondrial (Score: 10/10)

Creatine Monohydrate: Maintains strength/performance to keep NEAT and training volume high. Dose: 0.05 g/lb.

NMN: Supports NAD⁺ and mitochondrial efficiency, aiding energy and recovery. Dose: 0.5–1 mg/lb.

R-ALA: Improves insulin sensitivity and redox balance. Dose: 0.5–1 mg/lb.

Acetyl-L-Carnitine: Keeps fatty acid transport robust; supports cognition for consistent lifestyle habits. Dose: 6–8 mg/lb.

Rhodiola rosea: Stabilizes stress response so training and diet remain consistent. Dose: 1 mg/lb.

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2: Maintains testosterone and skeletal health. Dose: 40–60 IU/lb D3 + 100 mcg K2.

Ashwagandha: Keeps cortisol in check to prevent stress-eating and central adiposity. Dose: 2 mg/lb.

Zinc + Copper: Sustains steroidogenesis and enzymatic balance. Dose: Zinc 0.2 mg/lb; Copper 0.01 mg/lb.

Boron: Small but meaningful support to free testosterone via SHBG modulation. Dose: 0.1 mg/lb.

Glycemic / Appetite Stability (Score: 10/10)

Berberine: Maintains insulin sensitivity and reduces post-meal glucose excursions that drive hunger. Dose: 0.4–0.5 mg/lb/day split with meals.

Chromium Picolinate: Supports glycemic stability. Dose: 200–400 mcg.

EGCG: Mild thermogenesis and oxidation support without stimulants. Dose: 2–3 mg/lb.

Fiber (diet plus supplement as needed): Sustains satiety and healthy GLP-1/PYY signaling. Dose: 0.2–0.3 g/lb total daily.

Probiotic (≥25B CFU): Maintains favorable microbiome composition linked to weight stability. Per label.

Neurocognitive / Focus (Score: 10/10)

Lion's Mane: Neurotrophic support to keep cognitive energy and routines consistent. Dose: 3–5 mg/lb extract.

CDP-Choline: Supports acetylcholine for focus and adherence. Dose: 1.5 mg/lb.

Alpha-GPC: Rapid choline delivery for cognitive performance. Dose: 2 mg/lb.

Uridine Monophosphate: Phospholipid backbone for synaptic membranes. Dose: 1 mg/lb.

L-Theanine: Keeps stress-eating triggers down by smoothing sympathetic tone. Dose: 100–200 mg.

Musculoskeletal / Lean Mass (Score: 10/10)

Collagen Peptides: Protects joints/tendons so activity stays high. Dose: ~0.06 g/lb.

EAA: Safeguards MPS on lighter training days. Dose: 0.05–0.1 g/lb as needed.

Vitamin C: Collagen support and antioxidant synergy. Dose: 3 mg/lb.

Silica: Collagen crosslinking and bone support. Dose: ~1 mg/lb.

Gut / Detox (Score: 10/10)

N-Acetylcysteine (NAC): Maintains glutathione reserves for recovery and immune steadiness. Dose: 3–4 mg/lb twice daily.

Milk Thistle: Ongoing hepatoprotection; helpful with social alcohol or higher-fat meals. Dose: ~3 mg/lb.

Prebiotic Fiber + Probiotics: Reinforces microbiome resilience tied to weight stability. Doses as above.

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

Curcumin (with piperine): Keeps low-grade inflammation down, protecting insulin sensitivity. Dose: ~1 mg/lb.

Quercetin: Antioxidant and mast-cell stability to support training and seasonal tolerance. Dose: 3–4 mg/lb.

Reishi/Maitake: Immune balance to minimize downtime that disrupts routines. Dose: 6–7 mg/lb.

Sleep / Recovery (Score: 10/10)

Magnesium Glycinate: Foundation for deep sleep and next-day insulin sensitivity. Dose: 4–5 mg/lb at night.

Magnesium L-Threonate: Brain magnesium for cognition and sleep architecture. Dose: ~10 mg/kg.

Glycine: Improves sleep depth and recovery. Dose: 0.02–0.03 g/lb.

Apigenin: Shortens sleep latency without dependence. Dose: 50 mg.

Tart Cherry Extract: Extends sleep cycles and reduces soreness. Dose: 6 mg/lb.

Daily Routine

Morning

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

Midday

- Creatine, Collagen, EAAs if training, Vitamin C, Silica
- Fiber + Probiotic with meal
- Curcumin, Quercetin, EGCG

Afternoon

- NAC, Ashwagandha, Zinc, Copper, Boron
- Berberine (first or second split dose), R-ALA
- Bergamot (with food)

Evening

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