

Men 30–40 — Anti-Aging Stack

Purpose

By the thirties, early signs of biological aging accelerate: NAD⁺ levels drop, DNA repair slows, and mitochondrial efficiency begins to wane. This stack slows those processes by restoring NAD⁺, protecting telomeres, balancing hormones, and reducing oxidative stress and inflammation.

System-by-System Optimization

Cardiovascular (Score: 10/10)

Omega-3 (EPA/DHA): Reduces vascular inflammation and improves endothelial function. Dose: 30–35 mg/lb.

Ubiquinol (CoQ10): Critical for heart mitochondrial energy and antioxidant defense. Dose: 1 mg/lb.

Astaxanthin: Lipid antioxidant that lowers arterial stiffness. Dose: 0.05–0.08 mg/lb.

Magnesium Glycinate: Improves vascular tone and prevents calcification. Dose: 4–5 mg/lb.

Tocotrienols: Reduce LDL oxidation and improve arterial elasticity. Dose: ~1 mg/lb.

Bergamot Extract: Natural statin-mimetic, lowers cholesterol and triglycerides. Dose: 2–3 mg/lb.

Cellular / Mitochondrial (Score: 10/10)

NMN: NAD⁺ precursor that sustains energy and DNA repair. Dose: 0.5–1 mg/lb.

Resveratrol: Activates sirtuins, mimics caloric restriction, and improves mitochondrial biogenesis. Dose: 2–3 mg/lb.

Pterostilbene: Synergistic with resveratrol; potent SIRT1 activator. Dose: 0.6–0.8 mg/lb.

R-ALA: Recycles antioxidants and improves insulin sensitivity. Dose: 0.5–1 mg/lb.

Acetyl-L-Carnitine: Transports fatty acids into mitochondria for energy. Dose: 6–8 mg/lb.

Creatine: Maintains ATP reserves to buffer cellular energy. Dose: 0.05 g/lb.

Rhodiola Rosea: Improves mitochondrial stress tolerance and AMPK activation. Dose: 1 mg/lb.

DNA / Telomere Integrity (Score: 10/10)

Astragaloside IV: Activates telomerase, slowing telomere shortening. Dose: 2–3 mg/lb.

Vitamin D3: Supports DNA repair enzyme activity. Dose: 40–60 IU/lb.

Vitamin K2 MK-7: Regulates calcium balance to prevent vascular aging. Dose: 100 mcg.

Neurocognitive (Score: 10/10)

Lion's Mane Mushroom: Stimulates nerve growth factor, improving neuroplasticity. Dose: 3–5 mg/lb extract.

CDP-Choline: Provides choline for acetylcholine synthesis. Dose: 1.5 mg/lb.

Alpha-GPC: Rapid choline boost to support memory. Dose: 2 mg/lb.

Uridine Monophosphate: Maintains synaptic membrane phospholipids. Dose: 1 mg/lb.

SAM-e: Supports methylation of DNA and neurotransmitters. Dose: 1–1.5 mg/lb.

L-Theanine: Smooths excitatory neurotransmission. Dose: 100–200 mg.

Endocrine / Hormonal (Score: 10/10)

Ashwagandha: Reduces cortisol and improves testosterone balance. Dose: 2 mg/lb.

Tongkat Ali: Stimulates LH, sustaining testosterone. Dose: 1.2 mg/lb.

Cistanche Tubulosa: Increases androgen receptor density. Dose: 3 mg/lb.

Mucuna Pruriens: Dopaminergic support for testosterone. Dose: 1–1.5 mg/lb.

Zinc: Cofactor for steroidogenesis. Dose: 0.2 mg/lb.

Copper: Prevents zinc-induced imbalance. Dose: 0.01 mg/lb.

Boron: Reduces SHBG, raising free testosterone. Dose: 0.1 mg/lb.

Renal / Hepatic Detox (Score: 10/10)

NAC: Glutathione precursor protecting liver and kidneys. Dose: 3–4 mg/lb BID.

Milk Thistle: Shields hepatocytes from oxidative stress. Dose: 3 mg/lb.

Taurine: Supports bile acid conjugation and kidney osmotic balance. Dose: 6–7 mg/lb.

Sulforaphane: Activates Nrf2, increasing detox enzyme activity. Dose: 1 mg/lb.

Musculoskeletal (Score: 10/10)

Collagen Peptides: Provides structural amino acids for tendons and joints. Dose: 0.06 g/lb.

Silica: Cofactor for collagen crosslinking. Dose: 1 mg/lb.

Vitamin C: Required for collagen synthesis. Dose: 3 mg/lb.

EAA: Maintain protein synthesis and prevent sarcopenia. Dose: 0.05–0.1 g/lb.

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

Curcumin: NF-κB inhibitor that reduces systemic inflammation. Dose: 1 mg/lb.

Quercetin: Antioxidant and mast cell stabilizer. Dose: 3–4 mg/lb.

EGCG: Green tea polyphenol that supports autophagy and immune function. Dose: 2–3 mg/lb.

Reishi Mushroom: Beta-glucan immunomodulator reducing chronic inflammation. Dose: 6–7 mg/lb.

Sleep / Recovery (Score: 10/10)

Magnesium Glycinate: Deep sleep support. Dose: 4–5 mg/lb.

Magnesium L-Threonate: Improves brain magnesium for cognition. Dose: 10 mg/kg.

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

Apigenin: GABAergic relaxation. Dose: 50 mg.

Tart Cherry Extract: Melatonin source that extends sleep cycles. Dose: 6 mg/lb.
Melatonin: Low-dose support for circadian alignment. Dose: 0.3–0.5 mg PRN.

Daily Routine

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

Midday: Creatine, Collagen, Vitamin C, Silica, EAAs, Sulforaphane, Curcumin, Quercetin, EGCG.

Afternoon: NAC, Ashwagandha, Tongkat, Cistanche, Mucuna, Zinc, Copper, Boron.

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

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.