

Men 30–40 — Health & Wellness Stack

Purpose

The thirties are the decade when metabolism begins to slow and testosterone can gradually decline. Subtle changes in recovery, lipid handling, and insulin sensitivity begin. This stack preserves cardiovascular strength, supports mitochondria, protects cognition, maintains hormone balance, and prevents fat creep.

System-by-System Optimization

Cardiovascular (Score: 10/10)

Omega-3 (EPA/DHA): Reduces triglycerides, lowers vascular inflammation, and supports heart rhythm. Dose: 30–35 mg/lb.

Ubiquinol (CoQ10): Fuels cardiac ATP production and protects against oxidative damage. Dose: 1 mg/lb.

Astaxanthin: Lipid-soluble antioxidant reducing LDL oxidation. Dose: 0.05–0.08 mg/lb.

Magnesium Glycinate: Controls vascular tone and prevents stiffness. Dose: 4–5 mg/lb.

Tocotrienols: Improve cholesterol metabolism and arterial elasticity. Dose: ~1 mg/lb.

Bergamot Extract: Lowers LDL and triglycerides naturally. Dose: 2–3 mg/lb.

Cellular / Mitochondrial (Score: 10/10)

Creatine Monohydrate: Buffers ATP to preserve training capacity and cognition. Dose: 0.05 g/lb.

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

Pterostilbene/Resveratrol: Activates sirtuins and DNA repair. Dose: 0.6–0.8 mg/lb.

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

Acetyl-L-Carnitine: Boosts fatty acid transport into mitochondria. Dose: 6–8 mg/lb.

Rhodiola: Improves stress tolerance and recovery. Dose: 1 mg/lb.

Neurocognitive (Score: 10/10)

Lion's Mane Mushroom: Promotes NGF and neuroplasticity. Dose: 3–5 mg/lb extract.

CDP-Choline: Provides choline for memory and focus. Dose: 1.5 mg/lb.

Alpha-GPC: Rapidly elevates acetylcholine for learning. Dose: 2 mg/lb.

Uridine: Supports synaptic phospholipids. Dose: 1 mg/lb.

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

L-Theanine: Calms excitatory signals and smooths focus. Dose: 100–200 mg.

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2: Maintains testosterone, bone strength, and immune function. Dose: 40–60 IU/lb + 100 mcg K2.

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

Tongkat Ali: Boosts LH release to sustain testosterone. Dose: 1.2 mg/lb.

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

Mucuna Pruriens: Dopaminergic drive supporting testosterone. Dose: 1–1.5 mg/lb.

Zinc + Copper: Cofactors for steroidogenesis and antioxidant enzymes. Dose: 0.2 mg/lb zinc; 0.01 mg/lb copper.

Boron: Increases free testosterone by lowering SHBG. Dose: 0.1 mg/lb.

Renal / Hepatic Detox (Score: 10/10)

NAC: Increases glutathione, protecting liver/kidneys. Dose: 3–4 mg/lb BID.

Milk Thistle: Prevents hepatocyte oxidative injury. Dose: 3 mg/lb.

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

Sulforaphane: Activates Nrf2 detoxification pathways. Dose: 1 mg/lb.

Musculoskeletal (Score: 10/10)

Collagen Peptides: Provides amino acids for tendon, joint, and skin health. Dose: 0.06 g/lb.

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

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

EAA: Supports muscle protein synthesis. Dose: 0.05–0.1 g/lb.

Hair / Skin (Score: 10/10)

Saw Palmetto: Inhibits 5-alpha reductase, protecting follicles. Dose: 2 mg/lb.

Pumpkin Seed Oil: Improves hair density and scalp circulation. Dose: 6 mg/lb.

Pygeum: Reduces DHT burden on follicles. Dose: 0.6 mg/lb.

Nettle Root: Modulates SHBG-DHT binding. Dose: 3 mg/lb.

Reishi: Blocks 5-AR activity, protects hair. Dose: 6–7 mg/lb.

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

Curcumin: Suppresses NF-κB, lowering chronic inflammation. Dose: 1 mg/lb.

Quercetin: Reduces histamine release and oxidative damage. Dose: 3–4 mg/lb.

Reishi + Maitake: Balance immune function with beta-glucans. Dose: 6–7 mg/lb.

Sleep / Recovery (Score: 10/10)

Magnesium Glycinate: Improves deep sleep cycles. Dose: 4–5 mg/lb.

Magnesium L-Threonate: Improves brain magnesium and memory. Dose: 10 mg/kg.

Apigenin: Flavonoid binding GABA-A, promotes relaxation. Dose: 50 mg.

Glycine: Lowers body temp and deepens sleep. Dose: 0.02–0.03 g/lb.

L-Theanine: Calms sympathetic drive before bed. Dose: 100–200 mg.

Tart Cherry Extract: Supplies natural melatonin and extends sleep cycles. Dose: 6 mg/lb.

Daily Routine

Morning (8 AM): NMN, Rhodiola, Acetyl-L-Carnitine, Omega-3, Vitamin D3/K2, CoQ10, Astaxanthin, Pterostilbene, Lion's Mane, CDP-Choline, Alpha-GPC, Uridine, SAM-e.

Midday (12 PM): Creatine, Collagen, Vitamin C, Silica, EAAs, Curcumin, Quercetin, Sulforaphane.

Afternoon (4 PM): NAC, Ashwagandha, Tongkat, Cistanche, Mucuna, Zinc, Copper, Boron.

Evening (9:30 PM): Magnesium Glycinate, Magnesium L-Threonate, Apigenin, Glycine, L-Theanine, 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.