

Men 30–40 — Weight Loss Stack

Purpose

Weight loss in this decade becomes harder due to slowing metabolism and early insulin resistance. This stack enhances fat burning, appetite control, lean mass preservation, and metabolic flexibility while reducing inflammation.

System-by-System Optimization

Cardiovascular / Metabolic (Score: 10/10)

Omega-3, CoQ10, Astaxanthin, Magnesium, Tocotrienols: Protect lipid health and vascular function.

Berberine: AMPK activator, improves insulin sensitivity and mimics metformin. Dose: 0.4–0.5 mg/lb with meals.

Chromium Picolinate: Enhances insulin receptor activity. Dose: 200–400 mcg/day.

Cellular / Mitochondrial (Score: 10/10)

Creatine: Preserves training output during caloric deficit. Dose: 0.05 g/lb.

L-Carnitine Tartrate: Transports fat into mitochondria for oxidation. Dose: 6–8 mg/lb.

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

NMN: Restores NAD⁺ for efficient fat metabolism. Dose: 0.5–1 mg/lb.

Rhodiola: Adaptogen preserving stamina during deficit. Dose: 1 mg/lb.

Endocrine (Score: 10/10)

Vitamin D3/K2, Zinc, Copper, Ashwagandha, Tongkat: Support testosterone and thyroid stability.

Appetite / Glycemic Control (Score: 10/10)

Fiber: Increases satiety and stabilizes glucose. Dose: 0.2–0.3 g/lb.

EGCG: Mild thermogenesis and fat oxidation support. Dose: 2–3 mg/lb.

5-HTP: Serotonin precursor that reduces late-night cravings. Dose: 1 mg/lb bedtime.

Neurocognitive / Motivation (Score: 10/10)

L-Tyrosine: Supports dopamine/norepinephrine to maintain motivation. Dose: 5–7 mg/lb AM.

Caffeine: Thermogenic, improves lipolysis and training intensity. Dose: 2–3 mg/kg.

L-Theanine: Smooths stimulant response. Dose: 100–200 mg.

Musculoskeletal / Lean Mass Preservation (Score: 10/10)

Collagen: Supports connective tissue health. Dose: 0.06 g/lb.

EAA: Maintain protein synthesis during caloric deficit. Dose: 0.05–0.1 g/lb.

Vitamin C: Collagen hydroxylation cofactor. Dose: 3 mg/lb.

Silica: Supports bone and tendon strength. Dose: 1 mg/lb.

Gut / Detox (Score: 10/10)

NAC: Protects liver and replenishes glutathione. Dose: 3–4 mg/lb BID.

Milk Thistle: Antioxidant support for liver metabolism. Dose: 3 mg/lb.

Probiotic: Supports microbiome diversity for weight regulation.

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

Curcumin: Lowers systemic inflammation. Dose: 1 mg/lb.

Quercetin: Supports antioxidant defenses and immune balance. Dose: 3–4 mg/lb.

Reishi/Maitake: Immune resilience during deficit. Dose: 6–7 mg/lb.

Sleep / Recovery (Score: 10/10)

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

Apigenin: Natural sleep support. Dose: 50 mg.

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

Tart Cherry: Extends sleep cycles. Dose: 6 mg/lb.

5-HTP (as above): Enhances sleep and appetite regulation.

Daily Routine

Morning: L-Carnitine, Rhodiola, NMN, CoQ10, Omega-3, Vitamin D3/K2, L-Tyrosine, Caffeine + Theanine.

Midday: Berberine, Creatine, Collagen, EAAs, Vitamin C, Silica, Fiber + Probiotic, Curcumin, Quercetin, EGCG.

Afternoon: NAC, Ashwagandha, Zinc + Copper, Chromium, Berberine second dose.

Evening: Magnesium Glycinate, Glycine, Apigenin, Tart Cherry, 5-HTP.

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.