

Men 30–40 — Weight Maintenance Stack

Purpose

Maintaining a healthy weight in the thirties requires stable appetite, preserved lean mass, and good insulin sensitivity. This stack prevents rebound fat gain and sustains metabolic and hormonal balance.

System-by-System Optimization

Cardiovascular (Score: 10/10)

Omega-3, CoQ10, Astaxanthin, Magnesium, Tocotrienols: Foundation for vascular resilience.
Bergamot Extract: Prevents cholesterol drift upward with age. Dose: 2–3 mg/lb.

Cellular / Mitochondrial (Score: 10/10)

Creatine, NMN, R-ALA, Acetyl-L-Carnitine, Rhodiola: Maintain cellular energy and resilience under stable weight conditions.

Endocrine (Score: 10/10)

Vitamin D3/K2, Ashwagandha, Zinc, Copper, Boron: Maintain testosterone and cortisol balance.

Glycemic / Appetite Stability (Score: 10/10)

Berberine: Keeps insulin sensitivity optimal. Dose: 0.4–0.5 mg/lb.
Chromium Picolinate: Supports glycemic stability. Dose: 200–400 mcg.
EGCG: Sustains fat oxidation. Dose: 2–3 mg/lb.
Fiber (dietary + supplement): Maintains satiety. Dose: 0.2–0.3 g/lb.
Probiotic: Supports weight-stable microbiome.

Neurocognitive (Score: 10/10)

Lion's Mane, CDP-Choline, Alpha-GPC, Uridine, L-Theanine: Preserve focus and adherence to lifestyle habits.

Musculoskeletal (Score: 10/10)

Collagen, EAAs, Vitamin C, Silica: Protect muscle, joints, and connective tissue.

Gut / Detox (Score: 10/10)

NAC, Milk Thistle, Probiotic + Prebiotic fiber: Support detox pathways and microbiome diversity.

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

Curcumin, Quercetin, Reishi: Lower inflammation that drives metabolic drift.

Sleep / Recovery (Score: 10/10)

Magnesium Glycinate, Magnesium L-Threonate, Glycine, Apigenin, Tart Cherry: Maintain restorative sleep and recovery.

Daily Routine

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

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

Afternoon: NAC, Ashwagandha, Zinc, Copper, Boron, Berberine second dose.

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.