

Men 40–50 — Health & Wellness Stack

Purpose

In the forties, testosterone begins to decline more significantly, recovery slows, and cardiometabolic risk factors emerge. This stack is designed to maintain peak cardiovascular health, protect mitochondria, preserve lean muscle and joint integrity, support cognitive performance, and stabilize hormones.

System-by-System Optimization

Cardiovascular (Score: 10/10)

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

Ubiquinol (CoQ10): Sustains mitochondrial ATP production in cardiac muscle. Dose: 1 mg/lb.

Astaxanthin: Prevents LDL oxidation and reduces arterial stiffness. Dose: 0.05–0.08 mg/lb.

Magnesium Glycinate: Regulates vascular tone and blood pressure. Dose: 4–5 mg/lb.

Tocotrienols: Improve cholesterol handling, reduce plaque progression. Dose: 1 mg/lb.

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

Cellular / Mitochondrial (Score: 10/10)

Creatine Monohydrate: Preserves strength and cognitive function. Dose: 0.05 g/lb.

NMN: Restores NAD⁺, essential for mitochondrial function. Dose: 0.5–1 mg/lb.

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

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

Acetyl-L-Carnitine: Enhances fat metabolism and cognitive clarity. Dose: 6–8 mg/lb.

Rhodiola Rosea: Adaptogen enhancing energy and reducing fatigue. Dose: 1 mg/lb.

Neurocognitive (Score: 10/10)

Lion's Mane Mushroom: Stimulates NGF for neural repair and plasticity. Dose: 3–5 mg/lb extract.

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

Alpha-GPC: Rapid choline source for brain energy. Dose: 2 mg/lb.

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

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

L-Theanine: Promotes calm focus and balances stimulants. Dose: 100–200 mg.

Endocrine / Hormonal (Score: 10/10)

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

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

Tongkat Ali: Boosts LH secretion, supporting testosterone. Dose: 1.2 mg/lb.

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

Mucuna Pruriens: Provides L-Dopa for dopaminergic hormone balance. Dose: 1–1.5 mg/lb.

Zinc + Copper: Cofactors for steroidogenesis and enzyme function. Dose: 0.2 mg/lb zinc, 0.01 mg/lb copper.

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

DHEA (low-dose if labs support): Restores declining adrenal androgen levels. Dose: individualized, typically 5–25 mg.

Renal / Hepatic Detox (Score: 10/10)

NAC: Replenishes glutathione, protects liver and kidney. Dose: 3–4 mg/lb BID.

Milk Thistle: Antioxidant protection for hepatocytes. Dose: 3 mg/lb.

Taurine: Supports bile metabolism and renal protection. Dose: 6–7 mg/lb.

Sulforaphane: Induces detox enzymes via Nrf2. Dose: 1 mg/lb.

Musculoskeletal (Score: 10/10)

Collagen Peptides: Provides amino acids for joint/tendon repair. 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.

Vitamin K2: Prevents calcification and protects bone. Already included with D3.

Hair / Skin (Score: 10/10)

Saw Palmetto: DHT modulation, hair protection. Dose: 2 mg/lb.

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

Pygeum: Modulates DHT and prostate health. Dose: 0.6 mg/lb.

Nettle Root: Lowers SHBG binding of testosterone. Dose: 3 mg/lb.

Reishi Mushroom: 5-AR blocking and immune modulation. Dose: 6–7 mg/lb.

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

Curcumin: Lowers systemic inflammation, protects against metabolic syndrome. Dose: 1 mg/lb.

Quercetin: Stabilizes mast cells, improves vascular function. Dose: 3–4 mg/lb.

Reishi + Maitake: Support immune regulation. Dose: 6–7 mg/lb.

Sleep / Recovery (Score: 10/10)

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

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

Apigenin: Sedative flavonoid supporting GABA. Dose: 50 mg.

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

Tart Cherry Extract: Provides melatonin, improves sleep quality. Dose: 6 mg/lb.

Melatonin (low dose if needed): Aligns circadian rhythm. Dose: 0.3–0.5 mg.

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.

Afternoon: NAC, Ashwagandha, Tongkat, Cistanche, Mucuna, Zinc, Copper, Boron, DHEA (if prescribed).

Evening: Magnesium Glycinate, Magnesium L-Threonate, Apigenin, Glycine, 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.