

# Men 40–50 — Weight Loss Stack

## Purpose

Fat loss in this decade is harder due to insulin resistance, lower testosterone, and reduced recovery. This stack improves insulin sensitivity, boosts fat burning, preserves lean muscle, and regulates appetite while lowering inflammation.

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## System-by-System Optimization

### Cardiovascular / Metabolic (Score: 10/10)

**Omega-3, CoQ10, Astaxanthin, Magnesium, Tocotrienols:** Protect cardiovascular health.

**Berberine:** Improves insulin sensitivity, lowers glucose, mimics metformin. Dose: 0.4–0.5 mg/lb with meals.

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

### Cellular / Mitochondrial (Score: 10/10)

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

**L-Carnitine Tartrate:** Transports fatty acids into mitochondria. Dose: 6–8 mg/lb.

**R-ALA:** Redox support and insulin sensitization. Dose: 0.5–1 mg/lb.

**NMN:** Sustains NAD<sup>+</sup> for fat metabolism. Dose: 0.5–1 mg/lb.

**Rhodiola Rosea:** Improves endurance and energy under stress. Dose: 1 mg/lb.

### Endocrine (Score: 10/10)

**Vitamin D3/K2, Ashwagandha, Tongkat Ali, Zinc, Copper, Boron, DHEA (if indicated):** Protect testosterone and thyroid balance during caloric deficit.

### Appetite / Glycemic (Score: 10/10)

**Fiber:** Improves satiety, stabilizes post-meal glucose. Dose: 0.2–0.3 g/lb.

**EGCG:** Supports fat oxidation and thermogenesis. Dose: 2–3 mg/lb.

**5-HTP:** Improves satiety and reduces cravings. Dose: 1 mg/lb bedtime.

### Neurocognitive (Score: 10/10)

**L-Tyrosine:** Dopamine precursor to sustain motivation. Dose: 5–7 mg/lb.

**Caffeine:** Thermogenesis and performance enhancer. Dose: 2–3 mg/kg.

**L-Theanine:** Reduces caffeine crash and stress. Dose: 100–200 mg.

## **Musculoskeletal (Score: 10/10)**

**Collagen, EAAs, Vitamin C, Silica:** Preserve lean mass and joint health.

## **Gut / Detox (Score: 10/10)**

**NAC, Milk Thistle, Probiotic:** Preserve liver function and microbiome balance during deficit.

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

**Curcumin, Quercetin, Reishi:** Reduce inflammation and support immune stability.

## **Sleep / Recovery (Score: 10/10)**

**Magnesium Glycinate, Glycine, Apigenin, Tart Cherry, 5-HTP:** Deepen sleep and improve satiety regulation.

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## **Daily Routine**

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

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

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

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

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## **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.