

# Men 40–50 — Weight Maintenance Stack

## Purpose

In the forties, men are more prone to slow weight gain due to hormonal decline, reduced activity, and creeping insulin resistance. This stack is designed to maintain stable weight, prevent fat rebound, preserve lean mass, stabilize appetite, and support cardiovascular and hormonal health.

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## System-by-System Optimization

### Cardiovascular (Score: 10/10)

**Omega-3 (EPA/DHA):** Keeps triglycerides low, improves endothelial function. Dose: 30–35 mg/lb.

**Ubiquinol (CoQ10):** Supports heart mitochondrial ATP and protects lipids from oxidation. Dose: 1 mg/lb.

**Astaxanthin:** Prevents lipid peroxidation, reduces vascular stiffness. Dose: 0.05–0.08 mg/lb.

**Magnesium Glycinate:** Maintains vascular tone and glucose control. Dose: 4–5 mg/lb.

**Tocotrienols:** Support cholesterol metabolism. Dose: ~1 mg/lb.

**Bergamot Extract:** Natural lipid regulator. Dose: 2–3 mg/lb.

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

**Creatine Monohydrate:** Supports performance and preserves lean tissue. Dose: 0.05 g/lb.

**NMN:** Restores NAD<sup>+</sup>, improves energy metabolism. Dose: 0.5–1 mg/lb.

**R-ALA:** Improves insulin sensitivity and antioxidant recycling. Dose: 0.5–1 mg/lb.

**Acetyl-L-Carnitine:** Supports fat oxidation and cognition. Dose: 6–8 mg/lb.

**Rhodiola Rosea:** Adaptogen that sustains energy and stress tolerance. Dose: 1 mg/lb.

### Endocrine / Hormonal (Score: 10/10)

**Vitamin D3 + K2:** Maintains testosterone and skeletal health. Dose: 40–60 IU/lb D3 + 100 mcg K2.

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

**Tongkat Ali:** Sustains LH and testosterone production. Dose: 1.2 mg/lb.

**Cistanche Tubulosa:** Improves androgen receptor sensitivity. Dose: 3 mg/lb.

**Mucuna Pruriens:** Supports dopamine and testosterone. Dose: 1–1.5 mg/lb.

**Zinc + Copper:** Essential cofactors. Dose: 0.2 mg/lb zinc, 0.01 mg/lb copper.

**Boron:** Increases free testosterone. Dose: 0.1 mg/lb.

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

**Berberine:** Improves insulin sensitivity and reduces fat storage. Dose: 0.4–0.5 mg/lb daily split with meals.

**Chromium Picolinate:** Enhances glucose control. Dose: 200–400 mcg.

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

**Fiber (dietary + supplement):** Promotes satiety and stable blood sugar. Dose: 0.2–0.3 g/lb.

**Probiotic:** Improves microbiome balance linked to weight stability.

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

**Lion's Mane Mushroom:** NGF stimulation, neuroprotection. Dose: 3–5 mg/lb extract.

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

**Alpha-GPC:** Potent choline donor. Dose: 2 mg/lb.

**Uridine Monophosphate:** Phospholipid precursor for synapses. Dose: 1 mg/lb.

**L-Theanine:** Reduces stress reactivity and prevents emotional eating. Dose: 100–200 mg.

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

**Collagen Peptides:** Preserves joint/tendon integrity. Dose: 0.06 g/lb.

**EAA:** Maintain protein synthesis. Dose: 0.05–0.1 g/lb.

**Vitamin C:** Supports collagen formation. Dose: 3 mg/lb.

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

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

**NAC:** Boosts glutathione, protects liver/kidneys. Dose: 3–4 mg/lb BID.

**Milk Thistle:** Shields hepatocytes. Dose: 3 mg/lb.

**Prebiotic fiber:** Supports microbiome and weight control. Dose: 0.1–0.15 g/lb.

**Probiotics:** Maintain gut resilience.

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

**Curcumin:** NF-κB inhibitor. Dose: 1 mg/lb.

**Quercetin:** Stabilizes mast cells. Dose: 3–4 mg/lb.

**Reishi Mushrooms:** Balance immune function. Dose: 6–7 mg/lb.

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

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

**Magnesium L-Threonate:** Improves cognition and sleep cycles. Dose: 10 mg/kg.

**Glycine:** Enhances REM depth. Dose: 0.02–0.03 g/lb.

**Apigenin:** Flavonoid calming effect. Dose: 50 mg.

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

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## Daily Routine

**Morning:** NMN, Rhodiola, Acetyl-L-Carnitine, Omega-3, 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, Tongkat, Cistanche, Mucuna, Zinc, Copper, Boron, Berberine.

**Evening:** Magnesium Glycinate, Magnesium L-Threonate, Glycine, Apigenin, Tart Cherry.

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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.