

Men 50–60 — Anti-Aging Stack

Purpose

By the fifties, biological aging accelerates: NAD⁺ drops, telomeres shorten, senescent cells accumulate, and muscle loss progresses. This stack focuses on restoring mitochondrial health, protecting DNA, clearing senescent cells, balancing hormones, and supporting brain and cardiovascular health.

System-by-System Optimization

Cardiovascular (Score: 10/10)

Omega-3, CoQ10, Astaxanthin, Magnesium, Tocotrienols, Bergamot, Aged Garlic: Protect vascular elasticity and reduce lipid oxidation.

Cellular / Mitochondrial (Score: 10/10)

NMN: Restores NAD⁺ and mitochondrial function. Dose: 0.5–1 mg/lb.

Resveratrol + Pterostilbene: Activate sirtuins, protect DNA, improve mitochondrial biogenesis. Dose: 2–3 mg/lb and 0.6–0.8 mg/lb.

R-ALA: Antioxidant recycling and insulin sensitization. Dose: 0.5–1 mg/lb.

Acetyl-L-Carnitine: Fat oxidation and neuroprotection. Dose: 6–8 mg/lb.

Creatine: Buffers ATP, protects brain and muscle. Dose: 0.05 g/lb.

Rhodiola Rosea: Stress resilience and mitochondrial efficiency. Dose: 1 mg/lb.

DNA / Telomere / Senescence (Score: 10/10)

Astragaloside IV: Activates telomerase, slows telomere shortening. Dose: 2–3 mg/lb.

Fisetin: Senolytic polyphenol that clears senescent cells; improves tissue renewal. Dose: 4–5 mg/lb (taken intermittently, e.g., 2 days per month).

Quercetin: Works with fisetin as a senolytic; also antioxidant. Dose: 3–4 mg/lb.

Vitamin D3 + K2: Supports DNA repair and calcium metabolism. Dose: 40–60 IU/lb + 100 mcg K2.

Neurocognitive (Score: 10/10)

Lion's Mane, CDP-Choline, Alpha-GPC, Uridine, SAM-e, Phosphatidylserine, L-Theanine: Preserve cognition, mood, and stress resilience.

Endocrine / Hormonal (Score: 10/10)

Ashwagandha, Tongkat Ali, Cistanche, Mucuna, Zinc, Copper, Boron, DHEA: Preserve testosterone, reduce cortisol, and support adrenal health.

Renal / Hepatic Detox (Score: 10/10)

NAC, Milk Thistle, Taurine, Sulforaphane: Protect liver, kidney, and detox pathways.

Musculoskeletal (Score: 10/10)

Collagen, EAAs, Vitamin C, Silica, Vitamin K2: Protect muscle, tendons, and bone integrity.

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

Curcumin, Quercetin, EGCG, Reishi: Reduce systemic inflammation, support immune defense.

Sleep / Recovery (Score: 10/10)

Magnesium Glycinate, L-Threonate, Glycine, Apigenin, Tart Cherry, Melatonin: Restore sleep cycles as melatonin production declines with age.

Daily Routine

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

Midday: Creatine, Collagen, EAAs, Vitamin C, Silica, Sulforaphane, Curcumin, Quercetin, EGCG, Astragaloside IV (on dosing days).

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

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

Intermittent (Monthly): Fisetin 4–5 mg/lb for 2 consecutive days.

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.