

# Men 50–60 — Health & Wellness Stack

## Purpose

By the fifties, testosterone and growth hormone levels are significantly lower, recovery is slower, and cardiometabolic risks are higher. This stack emphasizes cardiovascular protection, mitochondrial repair, hormone support, cognitive preservation, joint protection, and immune balance to maintain vitality.

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## System-by-System Optimization

### Cardiovascular (Score: 10/10)

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

**Ubiquinol (CoQ10):** Critical for cardiac mitochondrial ATP. Dose: 1 mg/lb.

**Astaxanthin:** Protects LDL from oxidation, reduces arterial stiffness. Dose: 0.05–0.08 mg/lb.

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

**Tocotrienols:** Protect against lipid oxidation. Dose: 1 mg/lb.

**Bergamot Extract:** Improves lipid profile. Dose: 2–3 mg/lb.

**Aged Garlic Extract:** Improves vascular elasticity and lowers blood pressure. Dose: 3–4 mg/lb.

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

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

**NMN:** Restores NAD<sup>+</sup> for energy and repair. Dose: 0.5–1 mg/lb.

**Resveratrol/Pterostilbene:** SIRT1 activation for DNA repair and longevity. Dose: 2–3 mg/lb resveratrol, 0.6–0.8 mg/lb pterostilbene.

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

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

**Rhodiola Rosea:** Supports energy, mood, and recovery. Dose: 1 mg/lb.

### Neurocognitive (Score: 10/10)

**Lion's Mane Mushroom:** Stimulates NGF, supports cognition. Dose: 3–5 mg/lb extract.

**CDP-Choline:** Acetylcholine precursor for memory. Dose: 1.5 mg/lb.

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

**Uridine Monophosphate:** Supports synaptic membranes. Dose: 1 mg/lb.

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

**Phosphatidylserine:** Improves cortisol control and memory. Dose: 1–2 mg/lb.

**L-Theanine:** Smooths excitatory activity. Dose: 100–200 mg.

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

**Vitamin D3 + K2:** Supports testosterone and bone density. Dose: 40–60 IU/lb + 100 mcg K2.  
**Ashwagandha:** Lowers cortisol, supports testosterone. Dose: 2 mg/lb.  
**Tongkat Ali:** Stimulates LH to sustain testosterone. Dose: 1.2 mg/lb.  
**Cistanche Tubulosa:** Enhances androgen receptor activity. Dose: 3 mg/lb.  
**Mucuna Pruriens:** Dopaminergic drive for testosterone. Dose: 1–1.5 mg/lb.  
**Zinc + Copper:** Essential cofactors. Dose: 0.2 mg/lb zinc; 0.01 mg/lb copper.  
**Boron:** Raises free testosterone. Dose: 0.1 mg/lb.  
**DHEA (low-dose if labs indicate):** Supports adrenal androgen decline. Dose: 5–25 mg.

### **Renal / Hepatic Detox (Score: 10/10)**

**NAC:** Replenishes glutathione. Dose: 3–4 mg/lb BID.  
**Milk Thistle:** Protects liver function. Dose: 3 mg/lb.  
**Taurine:** Regulates bile and kidney health. Dose: 6–7 mg/lb.  
**Sulforaphane:** Activates detoxification enzymes. Dose: 1 mg/lb.

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

**Collagen Peptides:** Preserves joint and tendon strength. Dose: 0.06 g/lb.  
**Silica:** Collagen crosslinking. Dose: 1 mg/lb.  
**Vitamin C:** Cofactor for collagen formation. Dose: 3 mg/lb.  
**EAA:** Preserves muscle mass. Dose: 0.05–0.1 g/lb.  
**Vitamin K2:** Prevents calcification.

### **Hair / Skin (Score: 10/10)**

**Saw Palmetto, Pumpkin Seed Oil, Pygeum, Nettle Root, Reishi:** Protect follicles, reduce DHT burden.

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

**Curcumin:** Lowers NF-κB inflammation. Dose: 1 mg/lb.  
**Quercetin:** Stabilizes mast cells. Dose: 3–4 mg/lb.  
**EGCG:** Antioxidant, supports autophagy. Dose: 2–3 mg/lb.  
**Reishi/Maitake Mushrooms:** Balance immune system. 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:** Improves REM depth. Dose: 0.02–0.03 g/lb.  
**Apigenin:** Calming flavonoid. Dose: 50 mg.  
**Tart Cherry Extract:** Provides melatonin. Dose: 6 mg/lb.  
**Melatonin:** Circadian regulation. Dose: 0.3–0.5 mg.

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## Daily Routine

**Morning:** NMN, Resveratrol, CoQ10, Omega-3, 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, EGCG.

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

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

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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.