

# Men 50–60 — Weight Maintenance Stack

## Purpose

After achieving a stable weight, men in their fifties must fight against age-related hormonal decline, slower metabolism, and reduced recovery to avoid fat rebound. This stack emphasizes appetite regulation, lean mass retention, insulin sensitivity, and cardiovascular protection.

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## System-by-System Optimization

### Cardiovascular (Score: 10/10)

**Omega-3, CoQ10, Astaxanthin, Magnesium, Tocotrienols, Bergamot, Aged Garlic:** Protect heart and vessels.

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

**Creatine, NMN, R-ALA, Acetyl-L-Carnitine, Rhodiola:** Maintain energy metabolism.

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

**Vitamin D3 + K2, Ashwagandha, Tongkat Ali, Cistanche, Mucuna, Zinc, Copper, Boron, DHEA (if needed):** Preserve testosterone and balance cortisol.

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

**Berberine:** Improves insulin sensitivity. Dose: 0.4–0.5 mg/lb split.

**Chromium Picolinate:** Improves glucose handling. Dose: 200–400 mcg.

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

**Fiber:** Promotes satiety and gut hormone release. Dose: 0.2–0.3 g/lb.

**Probiotic:** Improves microbiome health linked to weight regulation.

### Neurocognitive (Score: 10/10)

**Lion's Mane, CDP-Choline, Alpha-GPC, Uridine, L-Theanine, Phosphatidylserine:** Preserve cognition and adherence to habits.

### Musculoskeletal (Score: 10/10)

**Collagen, EAAs, Vitamin C, Silica, Vitamin K2:** Preserve lean mass, tendons, and bones.

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

**NAC, Milk Thistle, Sulforaphane, Prebiotic + Probiotics:** Protect detoxification and microbiome.

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

**Curcumin, Quercetin, Reishi:** Reduce inflammation and support immunity.

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

**Magnesium Glycinate, L-Threonate, Glycine, Apigenin, Tart Cherry, Melatonin:** Ensure recovery and circadian rhythm stability.

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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, Melatonin.

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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.