

Men 60–70 — Anti-Aging Stack

Purpose

In the sixties, the biological processes of aging accelerate: NAD⁺ levels fall sharply, senescent cells accumulate, telomeres shorten, mitochondrial energy declines, and neurodegenerative risks rise. This stack is built to slow those processes by:

- Supporting DNA repair and telomere integrity
 - Clearing senescent cells
 - Restoring NAD⁺ and mitochondrial efficiency
 - Reducing oxidative stress and chronic inflammation
 - Preserving cognition, cardiovascular health, and hormones
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System-by-System Optimization

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

Astragaloside IV: Activates telomerase to slow telomere shortening, helping preserve genomic stability. Dose: 2–3 mg/lb.

Fisetin: A senolytic polyphenol that selectively clears senescent “zombie cells” that drive inflammation and aging. Dose: 4–5 mg/lb, taken intermittently (e.g., 2 consecutive days per month).

Quercetin: Works synergistically with fisetin as a senolytic, also stabilizes mast cells and reduces oxidative stress. Dose: 3–4 mg/lb.

Resveratrol / Pterostilbene: Activate sirtuins, which regulate DNA repair, mitochondrial function, and anti-aging pathways. Dose: Resveratrol 2–3 mg/lb; Pterostilbene 0.6–0.8 mg/lb.

EGCG (Green Tea Extract): Promotes autophagy, clears damaged proteins, and protects DNA from oxidative injury. Dose: 2–3 mg/lb.

Cellular / Mitochondrial (Score: 10/10)

NMN (Nicotinamide Mononucleotide): Restores NAD⁺, essential for mitochondrial energy and DNA repair. Dose: 0.5–1 mg/lb.

Creatine Monohydrate: Buffers ATP, preventing muscle and brain fatigue. Dose: 0.05 g/lb.

Acetyl-L-Carnitine: Improves fatty acid transport into mitochondria and enhances neuronal energy. Dose: 6–8 mg/lb.

R-Alpha-Lipoic Acid: Regenerates glutathione, stabilizes blood sugar, reduces mitochondrial oxidative stress. Dose: 0.5–1 mg/lb.

Rhodiola Rosea: Adaptogen that boosts AMPK, stress resilience, and mitochondrial biogenesis. Dose: 1 mg/lb.

Cardiovascular (Score: 10/10)

Omega-3 (EPA/DHA): Reduces triglycerides and vascular inflammation. Dose: 30–35 mg/lb.

Ubiquinol (CoQ10): Restores cardiac ATP production, critical in statin users. Dose: 1–2 mg/lb.

Astaxanthin: Lipid-soluble antioxidant reducing vascular stiffness. Dose: 0.05–0.08 mg/lb.

Magnesium Glycinate: Improves vascular tone, prevents arrhythmia, supports insulin sensitivity. Dose: 4–5 mg/lb.

Tocotrienols: Vitamin E fraction that reduces LDL oxidation. Dose: 1 mg/lb.

Bergamot Extract: Improves lipid balance, lowers LDL and triglycerides. Dose: 2–3 mg/lb.

Aged Garlic Extract: Lowers blood pressure, improves arterial elasticity. Dose: 3–4 mg/lb.

Neurocognitive (Score: 10/10)

Lion's Mane Mushroom: Stimulates nerve growth factor (NGF), supporting neuroplasticity and repair. Dose: 3–5 mg/lb extract.

CDP-Choline: Provides choline for acetylcholine synthesis. Dose: 1.5 mg/lb.

Alpha-GPC: Rapid acetylcholine donor for focus and memory. Dose: 2 mg/lb.

Uridine Monophosphate: Supports synaptic membrane formation. Dose: 1 mg/lb.

SAM-e: Provides methyl groups for neurotransmitter and DNA methylation. Dose: 1–1.5 mg/lb.

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

L-Theanine: Calms excitatory signals, improves stress resilience. Dose: 100–200 mg.

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2: Improves testosterone, bone density, and immune regulation. Dose: 40–60 IU/lb + 100 mcg K2.

Ashwagandha: Reduces cortisol, supports thyroid conversion, boosts testosterone. Dose: 2 mg/lb.

Tongkat Ali: Stimulates LH to maintain testosterone. Dose: 1.2 mg/lb.

Cistanche Tubulosa: Increases androgen receptor density. Dose: 3 mg/lb.

Mucuna Pruriens: Provides L-Dopa to stimulate dopamine/testosterone axis. Dose: 1–1.5 mg/lb.

Zinc + Copper: Cofactors in steroidogenesis. Dose: Zinc 0.2 mg/lb; Copper 0.01 mg/lb.

Boron: Lowers SHBG, increasing free testosterone. Dose: 0.1 mg/lb.

DHEA (if indicated): Supports adrenal androgen decline. Dose: 5–25 mg/day under physician guidance.

Renal / Hepatic Detox (Score: 10/10)

NAC: Glutathione precursor that reduces oxidative stress. Dose: 3–4 mg/lb BID.

Milk Thistle: Protects hepatocytes from damage. Dose: 3 mg/lb.

Taurine: Maintains bile conjugation and kidney function. Dose: 6–7 mg/lb.

Sulforaphane: Activates Nrf2, boosting detoxification enzymes. Dose: 1 mg/lb.

Musculoskeletal (Score: 10/10)

Collagen Peptides: Provides amino acids for joint, tendon, and skin repair. Dose: 0.06 g/lb.

EAA: Maintain protein synthesis and muscle preservation. Dose: 0.05–0.1 g/lb.

Vitamin C: Cofactor for collagen hydroxylation. Dose: 3 mg/lb.

Silica: Strengthens bone and collagen crosslinks. Dose: 1 mg/lb.

Vitamin K2: Protects bone and prevents vascular calcification.

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

Curcumin (with piperine): Inhibits NF-κB and reduces systemic inflammation. Dose: 1 mg/lb.

Quercetin: Antioxidant, mast cell stabilizer, senolytic partner. Dose: 3–4 mg/lb.

EGCG: Enhances autophagy and immune defense. Dose: 2–3 mg/lb.

Reishi/Maitake Mushrooms: Provide beta-glucans to strengthen immunity. Dose: 6–7 mg/lb.

Sleep / Recovery (Score: 10/10)

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

Magnesium L-Threonate: Improves brain magnesium levels and sleep quality. Dose: 10 mg/kg.

Glycine: Lowers core body temperature, deepens sleep. Dose: 0.02–0.03 g/lb.

Apigenin: Gentle GABA-A agonist. Dose: 50 mg.

Tart Cherry Extract: Provides natural melatonin and antioxidants. Dose: 6 mg/lb.

Melatonin: Restores circadian rhythm as endogenous levels drop. Dose: 0.3–1 mg nightly.

Daily Routine

Morning: Astragaloside IV, 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.

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

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

Melatonin.

Intermittent: Fisetin + Quercetin 2 consecutive days per month as senolytic pulse therapy.

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.