

Men 60–70 — Health & Wellness Stack

Purpose

In the sixties, men face accelerated decline in testosterone, sarcopenia (muscle loss), reduced mitochondrial efficiency, increased cardiovascular risk, and neurocognitive decline. This stack is designed to maintain vitality by preserving lean mass, supporting hormones, protecting brain function, and stabilizing cardiovascular and metabolic health.

System-by-System Optimization

Cardiovascular (Score: 10/10)

Omega-3 (EPA/DHA): Lowers triglycerides, reduces inflammation, stabilizes cardiac rhythm. Dose: 30–35 mg/lb.

Ubiquinol (CoQ10): Critical for cardiac mitochondrial ATP, especially if statins are used. Dose: 1–2 mg/lb.

Astaxanthin: Potent antioxidant protecting vascular elasticity. Dose: 0.05–0.08 mg/lb.

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

Tocotrienols: Vitamin E form that improves cholesterol handling. Dose: 1 mg/lb.

Bergamot Extract: Lowers LDL and triglycerides. Dose: 2–3 mg/lb.

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

Cellular / Mitochondrial (Score: 10/10)

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

NMN: Restores NAD+, sustaining DNA repair and energy. Dose: 0.5–1 mg/lb.

Resveratrol/Pterostilbene: Activates sirtuins, mimics caloric restriction. Dose: 2–3 mg/lb and 0.6–0.8 mg/lb.

R-ALA: Redox balance and insulin sensitization. Dose: 0.5–1 mg/lb.

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

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

Neurocognitive (Score: 10/10)

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

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

Alpha-GPC: Rapid brain choline boost. Dose: 2 mg/lb.

Uridine Monophosphate: Maintains synaptic membranes. Dose: 1 mg/lb.

SAM-e: Methyl donor for neurotransmitters. Dose: 1–1.5 mg/lb.

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

L-Theanine: Balances excitatory signals. Dose: 100–200 mg.

Endocrine / Hormonal (Score: 10/10)

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

Ashwagandha: Cortisol control and thyroid support. Dose: 2 mg/lb.

Tongkat Ali: Stimulates LH, helping testosterone. Dose: 1.2 mg/lb.

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

Mucuna Pruriens: Dopaminergic drive for testosterone. Dose: 1–1.5 mg/lb.

Zinc + Copper: Supports steroidogenesis and enzyme balance. Dose: 0.2 mg/lb zinc, 0.01 mg/lb copper.

Boron: Raises free testosterone. Dose: 0.1 mg/lb.

DHEA (if indicated): Supports adrenal androgen decline. Dose: 5–25 mg.

Renal / Hepatic Detox (Score: 10/10)

NAC: Replenishes glutathione, supports detox. Dose: 3–4 mg/lb BID.

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

Taurine: Maintains bile metabolism, renal osmoregulation. Dose: 6–7 mg/lb.

Sulforaphane: Induces Nrf2 pathways, promoting detox enzymes. Dose: 1 mg/lb.

Musculoskeletal (Score: 10/10)

Collagen Peptides: Protects tendons, joints, and skin integrity. Dose: 0.06 g/lb.

EAAs: Stimulates protein synthesis. Dose: 0.05–0.1 g/lb.

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

Silica: Supports bone and tendon strength. Dose: 1 mg/lb.

Vitamin K2: Protects bone and vascular calcification.

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

Curcumin: Suppresses NF-κB and systemic inflammation. Dose: 1 mg/lb.

Quercetin: Antioxidant and mast cell stabilizer. Dose: 3–4 mg/lb.

EGCG: Supports autophagy, lowers inflammation. Dose: 2–3 mg/lb.

Reishi/Maitake Mushrooms: Support immune regulation. 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 quality. Dose: 10 mg/kg.

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

Apigenin: Gentle GABAergic agent. Dose: 50 mg.

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

Melatonin: Restores circadian alignment. Dose: 0.3–1 mg.

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.

Afternoon: NAC, Ashwagandha, Tongkat, Cistanche, Mucuna, Zinc, Copper, Boron, DHEA.

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

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.