

Men 60–70 — Weight Maintenance Stack

Purpose

Once healthy weight has been achieved, maintaining it in the sixties requires protecting against sarcopenia (muscle loss), age-related hormonal decline, creeping insulin resistance, and reduced recovery capacity. This stack is designed to:

- Preserve lean muscle mass and joint integrity
 - Stabilize appetite and prevent fat regain
 - Keep insulin sensitivity high
 - Protect cardiovascular and brain health
 - Support endocrine resilience and recovery
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System-by-System Optimization

Cardiovascular (Score: 10/10)

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

CoQ10 (Ubiquinol): Restores mitochondrial ATP in the heart and improves energy utilization. Essential if taking statins. Dose: 1–2 mg/lb.

Astaxanthin: Carotenoid antioxidant that reduces lipid peroxidation and vascular stiffness. Dose: 0.05–0.08 mg/lb.

Magnesium Glycinate: Supports vascular tone, blood pressure control, and glucose utilization. Dose: 4–5 mg/lb.

Tocotrienols: Specialized Vitamin E compounds that lower LDL oxidation and improve arterial elasticity. Dose: ~1 mg/lb.

Bergamot Extract: Citrus-derived polyphenol that lowers LDL, raises HDL, and improves triglycerides. Dose: 2–3 mg/lb.

Aged Garlic Extract: Lowers blood pressure, improves vascular compliance, and reduces arterial plaque progression. Dose: 3–4 mg/lb.

Cellular / Mitochondrial (Score: 10/10)

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

Creatine Monohydrate: Preserves strength, cognitive performance, and mitochondrial buffering capacity. Dose: 0.05 g/lb.

R-Alpha-Lipoic Acid: Regenerates antioxidants, improves insulin sensitivity, stabilizes glucose utilization. Dose: 0.5–1 mg/lb.

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

Rhodiola Rosea: Adaptogen that sustains mitochondrial efficiency, reduces fatigue, and improves resilience under stress. Dose: 1 mg/lb.

Endocrine / Hormonal (Score: 10/10)

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

Ashwagandha: Reduces cortisol, improves thyroid conversion (T4→T3), and helps maintain testosterone. Dose: 2 mg/lb.

Tongkat Ali: Increases LH release, stimulating testosterone. Dose: 1.2 mg/lb.

Cistanche Tubulosa: Enhances androgen receptor density, amplifying testosterone action. Dose: 3 mg/lb.

Mucuna Pruriens: Provides L-Dopa to enhance dopamine and indirectly testosterone. Dose: 1–1.5 mg/lb.

Zinc + Copper: Zinc is essential for testosterone biosynthesis; copper prevents imbalance. Dose: 0.2 mg/lb zinc, 0.01 mg/lb copper.

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

DHEA (if indicated): Supports adrenal androgen production, which declines in this decade. Dose: 5–25 mg daily, individualized.

Glycemic / Appetite Stability (Score: 10/10)

Berberine: Improves insulin sensitivity, lowers hepatic glucose production, reduces post-meal spikes. Dose: 0.4–0.5 mg/lb split with meals.

Chromium Picolinate: Improves insulin receptor function and appetite control. Dose: 200–400 mcg/day.

EGCG (Green Tea Extract): Increases thermogenesis, fat oxidation, and autophagy. Dose: 2–3 mg/lb.

Fiber (Psyllium, Acacia): Improves satiety, lowers glycemic variability, supports gut hormones GLP-1 and PYY. Dose: 0.2–0.3 g/lb total dietary fiber.

Probiotics (≥25B CFU): Stabilize microbiome composition, which regulates metabolism and appetite.

Neurocognitive (Score: 10/10)

Lion's Mane Mushroom: Stimulates NGF, protecting neurons and enhancing cognition. Dose: 3–5 mg/lb extract.

CDP-Choline: Provides choline for acetylcholine synthesis, sustaining attention and memory. Dose: 1.5 mg/lb.

Alpha-GPC: Rapid acetylcholine booster for learning and working memory. Dose: 2 mg/lb.

Uridine Monophosphate: Supports synaptic membrane synthesis and neurogenesis. Dose: 1 mg/lb.

Phosphatidylserine: Improves memory and reduces cortisol-driven cognitive decline. Dose: 1–2 mg/lb.

L-Theanine: Reduces anxiety and balances excitatory neurotransmission. Dose: 100–200 mg.

Musculoskeletal (Score: 10/10)

Collagen Peptides: Provides glycine, proline, and hydroxyproline for joint, tendon, and skin matrix. Dose: 0.06 g/lb.

EAA: Preserve muscle protein synthesis when total dietary intake is reduced. Dose: 0.05–0.1 g/lb.

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

Silica: Cofactor for collagen crosslinking and bone strength. Dose: 1 mg/lb.

Vitamin K2: Ensures proper calcium metabolism, protecting bone and vascular health.

Gut / Detox (Score: 10/10)

NAC (N-Acetylcysteine): Restores glutathione, protecting liver and kidney from oxidative stress. Dose: 3–4 mg/lb BID.

Milk Thistle: Protects hepatocytes and promotes detoxification. Dose: 3 mg/lb.

Sulforaphane: Activates Nrf2, increasing detox enzymes and cellular resilience. Dose: 1 mg/lb.

Prebiotic Fiber + Probiotics: Synergistically improve microbiome diversity, gut integrity, and metabolic stability.

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

Curcumin (with Piperine): Blocks NF-κB, reducing systemic inflammation and insulin resistance. Dose: 1 mg/lb.

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

Reishi Mushroom: Beta-glucans regulate immunity and reduce chronic inflammation. Dose: 6–7 mg/lb.

Sleep / Recovery (Score: 10/10)

Magnesium Glycinate: Enhances sleep depth and relaxation. Dose: 4–5 mg/lb.

Magnesium L-Threonate: Crosses blood–brain barrier, improves sleep quality and cognition. Dose: 10 mg/kg.

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

Apigenin: Calming flavonoid with GABAergic effects. Dose: 50 mg.

Tart Cherry Extract: Provides melatonin and polyphenols, lengthens sleep cycles. Dose: 6 mg/lb.

Melatonin: Restores circadian rhythm as natural levels decline with age. Dose: 0.3–1 mg nightly.

Daily Routine

Morning (8 AM): NMN, Rhodiola, Acetyl-L-Carnitine, Omega-3, Vitamin D3/K2, CoQ10, Astaxanthin, Lion's Mane, CDP-Choline, Alpha-GPC, Uridine.

Midday (12 PM): Creatine, Collagen, EAAs, Vitamin C, Silica, Fiber + Probiotic, Curcumin, Quercetin, EGCG.

Afternoon (4 PM): NAC, Ashwagandha, Tongkat, Cistanche, Mucuna, Zinc, Copper, Boron, Berberine.

Evening (9:30 PM): 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.