

Men 60–70 — Weight Loss Stack

Purpose

By the sixties, fat loss is very difficult due to sarcopenia, lower testosterone, reduced metabolic rate, and higher insulin resistance. This stack is designed to:

- Increase insulin sensitivity
 - Promote fat oxidation
 - Suppress appetite and cravings
 - Preserve lean muscle mass
 - Control inflammation and oxidative stress
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System-by-System Optimization

Cardiovascular / Metabolic (Score: 10/10)

Omega-3 (EPA/DHA): Improves lipid profile and reduces inflammation. Dose: 30–35 mg/lb.

CoQ10: Supports cardiac energy, especially critical for statin users. Dose: 1–2 mg/lb.

Astaxanthin: Protects vascular health during calorie restriction. Dose: 0.05–0.08 mg/lb.

Magnesium Glycinate: Supports glucose regulation and vascular tone. Dose: 4–5 mg/lb.

Bergamot & Aged Garlic: Improve lipid balance and vascular elasticity.

Berberine: Improves insulin sensitivity, lowers glucose, mimics metformin. Dose: 0.4–0.5 mg/lb with meals.

Chromium Picolinate: Enhances insulin receptor function. Dose: 200–400 mcg.

Cellular / Mitochondrial (Score: 10/10)

Creatine: Preserves strength and lean mass during caloric deficit. Dose: 0.05 g/lb.

L-Carnitine Tartrate: Improves fat transport into mitochondria. Dose: 6–8 mg/lb.

R-ALA: Enhances redox state and glucose utilization. Dose: 0.5–1 mg/lb.

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

Acetyl-L-Carnitine: Supports fat oxidation and brain clarity. Dose: 6–8 mg/lb.

Rhodiola Rosea: Preserves energy and endurance in calorie restriction. Dose: 1 mg/lb.

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2: Supports testosterone and bone strength. Dose: 40–60 IU/lb + 100 mcg K2.

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

Tongkat Ali, Cistanche, Mucuna: Protect testosterone in deficit.

Zinc + Copper + Boron: Mineral cofactors that preserve testosterone.

DHEA (if indicated): Restores adrenal androgen decline.

Appetite / Glycemic Control (Score: 10/10)

Fiber (Psyllium, Acacia): Increases satiety and stabilizes postprandial glucose. Dose: 0.2–0.3 g/lb.

EGCG: Thermogenesis and fat oxidation. Dose: 2–3 mg/lb.

5-HTP: Serotonin precursor that curbs evening cravings. Dose: 1 mg/lb.

Probiotics: Stabilize microbiome and appetite regulation.

Neurocognitive / Motivation (Score: 10/10)

L-Tyrosine: Dopamine precursor for motivation. Dose: 5–7 mg/lb.

Caffeine: Boosts energy, thermogenesis. Dose: 2–3 mg/kg.

L-Theanine: Smooths stimulant response. Dose: 100–200 mg.

Musculoskeletal (Score: 10/10)

Collagen, EAAs, Vitamin C, Silica: Preserve muscle, bone, and tendon health during fat loss.

Gut / Detox (Score: 10/10)

NAC, Milk Thistle, Sulforaphane: Liver detox support.

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

Curcumin, Quercetin, Reishi: Lower inflammation and support immunity.

Sleep / Recovery (Score: 10/10)

Magnesium Glycinate, L-Threonate, Glycine, Apigenin, Tart Cherry, Melatonin: Critical for metabolic health, satiety hormones, and recovery.

Daily Routine

Morning: L-Carnitine Tartrate, Rhodiola, NMN, CoQ10, Omega-3, D3/K2, L-Tyrosine, Caffeine + L-Theanine.

Midday: Berberine, Creatine, Collagen, EAAs, Vitamin C, Silica, Fiber + Probiotic, Curcumin, Quercetin, EGCG.

Afternoon: NAC, Ashwagandha, Tongkat, Cistanche, Zinc, Copper, Boron, Chromium, Berberine second dose.

Evening: Magnesium Glycinate, Magnesium L-Threonate, Glycine, Apigenin, Tart Cherry, 5-HTP, Melatonin.

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