

Women 20–30 — Health & Wellness Stack

Purpose

During their twenties, women are at hormonal and reproductive peak. But stress, poor sleep, and nutrient deficiencies can destabilize cycles, mood, and energy, setting the stage for long-term problems. This stack is designed to:

- Maintain menstrual regularity and fertility
 - Support cardiovascular and metabolic resilience
 - Enhance energy and cellular repair
 - Build strong joints, bones, skin, and hair
 - Balance stress and improve restorative sleep
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System-by-System Optimization

Cardiovascular (Score: 10/10)

Omega-3 (EPA/DHA): Improves endothelial function, reduces triglycerides, stabilizes cell membranes, and lowers inflammation. Supports brain and reproductive health. **25–30 mg/lb/day.**

CoQ10 (Ubiquinol): Essential for ATP production in mitochondria. In women, it also supports ovarian reserve and egg quality. **0.8–1 mg/lb/day.**

Astaxanthin: A carotenoid antioxidant that protects LDL cholesterol from oxidation and shields skin from UV-induced damage. **0.05 mg/lb/day.**

Magnesium Glycinate: Maintains vascular tone, prevents cramps, reduces PMS-related hypertension, and improves glucose transport. **3–4 mg elemental Mg/lb/day.**

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2 (MK-7): D3 is crucial for ovarian function, bone density, and immune regulation. K2 directs calcium to bone and prevents vascular calcification. **30–40 IU/lb/day D3 + 100 mcg/day K2.**

Myo-Inositol: Insulin-sensitizing nutrient that improves ovulatory cycles, reduces risk of PCOS-related irregularities, and supports egg quality. **50–100 mg/lb/day.**

Zinc + Copper: Zinc is required for ovarian steroid hormone synthesis, while copper prevents anemia and balances zinc supplementation. **Zinc 0.15 mg/lb/day + Copper 0.01 mg/lb/day.**

Ashwagandha: Adaptogen that lowers cortisol, supports thyroid balance, improves resilience to stress, and promotes better sleep. **1.5–2 mg/lb/day.**

Vitex (Chasteberry): Helps regulate menstrual cycles and reduce PMS symptoms by modulating pituitary hormone signaling (FSH/LH, prolactin). **20–40 mg/day standardized extract.**

Cellular / Mitochondrial (Score: 10/10)

NMN (Nicotinamide Mononucleotide): Maintains NAD⁺ levels, enhancing mitochondrial energy, DNA repair, and youthful metabolism. **0.4–0.8 mg/lb/day.**

R-Alpha-Lipoic Acid (R-ALA): Improves insulin sensitivity, reduces oxidative stress, and recycles antioxidants like vitamin C and glutathione. **0.5–1 mg/lb/day.**

Acetyl-L-Carnitine (ALCAR): Transports fatty acids into mitochondria, increasing fat metabolism and mental energy. **5–6 mg/lb/day.**

Rhodiola Rosea: Adaptogen that improves endurance, reduces fatigue, and enhances stress resilience. **0.8–1 mg/lb/day.**

Neurocognitive (Score: 10/10)

Lion's Mane Mushroom: Stimulates nerve growth factor (NGF), improving neuroplasticity, memory, and mood. **3–4 mg/lb/day extract.**

CDP-Choline + Alpha-GPC: Boost acetylcholine for concentration, learning, and mental clarity. **CDP-Choline 1 mg/lb/day + Alpha-GPC 1.5 mg/lb/day.**

L-Theanine: Calms sympathetic arousal, reduces stress, and synergizes with caffeine for smooth energy. **100–200 mg/day.**

Musculoskeletal / Skin (Score: 10/10)

Collagen Peptides: Provide structural proteins for skin elasticity, hair and nail growth, and joint/tendon health. **0.05–0.06 g/lb/day.**

Vitamin C: Cofactor for collagen synthesis and immune resilience. **2–3 mg/lb/day.**

Silica (orthosilicic acid/MMST): Strengthens collagen cross-linking, hair, nails, and bone matrix. **0.5–1 mg/lb/day.**

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

Curcumin (with Piperine): Potent anti-inflammatory that lowers systemic inflammation and relieves menstrual cramps. **0.8–1 mg/lb/day.**

Quercetin: Antioxidant and mast-cell stabilizer that reduces allergic inflammation and oxidative stress. **2–3 mg/lb/day.**

Probiotic (≥25B CFU): Promotes gut-immune balance, helps regulate estrogen metabolism, and supports digestive comfort. **Per label.**

Sleep / Recovery (Score: 10/10)

Magnesium L-Threonate: Improves sleep architecture, cognition, and memory consolidation. **8–10 mg/kg/night.**

Apigenin: Flavonoid that binds GABA-A receptors to gently promote sleep onset. **50 mg/night.**

Glycine: Lowers core body temperature, deepens slow-wave sleep, and supports collagen synthesis. **0.02 g/lb/night.**

Tart Cherry Extract: Provides natural melatonin and anthocyanins, lengthening sleep cycles and reducing soreness. **5 mg/lb/night.**

Daily Routine

Morning (8 AM): NMN, Rhodiola, ALCAR, Omega-3, Vitamin D3/K2, CoQ10, Vitex, Lion's Mane, CDP-Choline, Alpha-GPC.

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

Afternoon (4 PM): Myo-Inositol, Ashwagandha, R-ALA.

Evening (9 PM): Magnesium Glycinate (if not taken in morning), Magnesium L-Threonate, Glycine, Apigenin, Tart Cherry Extract.

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.