

Women 20–30 — Weight Maintenance Stack

Purpose

After achieving a healthy body weight, many young women struggle with **weight rebound**. Appetite hormones, lifestyle stress, and subtle metabolic changes can cause gradual fat regain if not carefully managed. This stack is designed to:

- Stabilize appetite and cravings
 - Maintain insulin sensitivity and metabolic health
 - Support cycle regularity and hormone balance
 - Preserve lean muscle and connective tissue
 - Protect cardiovascular health
 - Ensure restful sleep to regulate appetite hormones (ghrelin, leptin, GLP-1)
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System-by-System Optimization

Metabolic / Appetite Control (Score: 10/10)

Berberine: Mimics insulin and activates AMPK, maintaining insulin sensitivity and preventing creeping fat gain after dieting. **~0.4 mg/lb/day split with meals.**

Chromium Picolinate: Enhances insulin receptor sensitivity, stabilizes appetite, and helps reduce cravings. **200–400 mcg/day.**

Fiber (Psyllium, Acacia, or Inulin): Improves satiety, slows gastric emptying, lowers glycemic variability, and nourishes the gut microbiome. **0.2–0.3 g/lb/day total dietary fiber (food + supplement).**

Probiotics (≥25B CFU): Reinforces a diverse microbiome that regulates satiety hormones and helps sustain a stable weight. **Per label.**

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2 (MK-7): Maintains bone density, hormone signaling, and immune balance. **30–40 IU/lb/day D3 + 100 mcg/day K2.**

Myo-Inositol: Supports ovarian insulin sensitivity and keeps cycles regular, especially under lifestyle stress. **50–100 mg/lb/day.**

Ashwagandha: Adaptogen that lowers cortisol, stabilizes appetite regulation, and improves sleep quality. **1.5–2 mg/lb/day.**

Lean Mass & Connective Tissue (Score: 10/10)

Essential Amino Acids (EAAs) or Whey Isolate: Ensures leucine thresholds are met to sustain muscle protein synthesis (MPS) during lighter training periods. **0.05–0.08 g/lb/day**, especially peri-workout.

Collagen Peptides: Provides glycine and proline for tendon, ligament, skin, and nail health. **0.05–0.06 g/lb/day.**

Vitamin C: Cofactor for collagen hydroxylation and connective-tissue repair. **2–3 mg/lb/day.**

Silica (orthosilicic acid/MMST): Supports collagen cross-linking and bone density. **0.5–1 mg/lb/day.**

Omega-3 (EPA/DHA): Anti-inflammatory support for joints, brain, and cardiovascular system. **25–30 mg/lb/day.**

Neurocognitive / Stress Balance (Score: 10/10)

Lion's Mane Mushroom: Stimulates NGF (nerve growth factor), supporting mood, memory, and focus for long-term adherence to healthy routines. **3–4 mg/lb/day extract.**

L-Theanine: Smooths stress and balances excitatory neurotransmission, reducing emotional eating triggers. **100–200 mg/day.**

Sleep / Recovery (Score: 10/10)

Magnesium L-Threonate: Improves synaptic magnesium, deep sleep quality, and memory consolidation. **8–10 mg/kg/night.**

Apigenin: Binds GABA-A receptors, gently promoting relaxation and shortening sleep latency. **50 mg/night.**

Glycine: Lowers core temperature, deepens slow-wave sleep, and enhances collagen formation. **0.02–0.03 g/lb/night.**

Tart Cherry Extract: Provides melatonin precursors and polyphenols to regulate circadian rhythm and reduce soreness. ~5 mg/lb/night.

Daily Routine

Morning (8 AM): Omega-3, Vitamin D3/K2, Berberine (first dose), Myo-Inositol, Lion's Mane.

Midday (12 PM): Collagen + Vitamin C, Silica, Fiber + Probiotic, EAAs/Whey if needed.

Afternoon (4 PM): Berberine (second dose), Ashwagandha, Chromium.

Evening (9 PM): 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.