

# Women 30–40 — Health & Wellness Stack

## Purpose

In their thirties, women begin to experience subtle hormonal shifts, early declines in insulin sensitivity, and greater stress loads from career or family. This stack is designed to:

- Preserve menstrual regularity and fertility potential
  - Support cardiometabolic health during early metabolic drift
  - Enhance mitochondrial efficiency and cellular repair
  - Maintain skin, hair, bone, and joint integrity
  - Stabilize mood and cognition
  - Ensure deep, restorative sleep to balance appetite and hormones
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## System-by-System Optimization

### Cardiovascular (Score: 10/10)

**Omega-3 (EPA/DHA):** Reduces triglycerides, stabilizes membranes, and lowers vascular inflammation; supports cognition and fertility. **25–30 mg/lb/day.**

**CoQ10 (Ubiquinol):** Key for mitochondrial ATP production; also supports egg quality for women delaying pregnancy. **1 mg/lb/day.**

**Astaxanthin:** Antioxidant that protects LDL from oxidation and maintains skin elasticity. **0.05 mg/lb/day.**

**Magnesium Glycinate:** Smooth-muscle relaxant, BP stabilizer, and cofactor for glucose handling. **3–4 mg elemental Mg/lb/day.**

**Bergamot Extract:** Helps lower LDL and triglycerides as early lipid drift may appear in this decade. **2–3 mg/lb/day.**

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### Endocrine / Hormonal (Score: 10/10)

**Vitamin D3 + K2 (MK-7):** Supports bone health, immune regulation, and menstrual hormone balance. **30–40 IU/lb/day D3 + 100 mcg/day K2.**

**Myo-Inositol:** Improves insulin-ovarian communication, stabilizes cycles, reduces PMS/PCOS risk. **50–100 mg/lb/day.**

**Zinc + Copper:** Zinc supports steroidogenesis and immune health; copper balances zinc and supports collagen. **Zinc 0.15 mg/lb/day + Copper 0.01 mg/lb/day.**

**Ashwagandha:** Lowers cortisol, supports thyroid function, reduces anxiety, improves resilience. **1.5–2 mg/lb/day.**

**Vitex (Chasteberry):** Modulates pituitary prolactin and FSH/LH signaling to support luteal progesterone and menstrual rhythm. **20–40 mg/day standardized extract.**

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### **Cellular / Mitochondrial (Score: 10/10)**

**NMN (Nicotinamide Mononucleotide):** Maintains NAD<sup>+</sup> levels, improving mitochondrial energy and DNA repair. **0.5–0.8 mg/lb/day.**

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

**Acetyl-L-Carnitine (ALCAR):** Increases fatty acid transport into mitochondria and enhances cognition. **5–6 mg/lb/day.**

**Rhodiola Rosea:** Adaptogen that improves fatigue resistance and stabilizes mood under stress. **0.8–1 mg/lb/day.**

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### **Neurocognitive (Score: 10/10)**

**Lion's Mane Mushroom:** Stimulates NGF, improving neuroplasticity, focus, and memory. **3–4 mg/lb/day extract.**

**CDP-Choline + Alpha-GPC:** Boost acetylcholine, improving concentration and multitasking. **CDP 1 mg/lb/day + Alpha-GPC 1.5 mg/lb/day.**

**L-Theanine:** Promotes calm focus and reduces anxiety. **100–200 mg/day.**

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### **Musculoskeletal / Skin (Score: 10/10)**

**Collagen Peptides:** Support skin elasticity, joint resilience, hair, and nail growth. **0.05–0.06 g/lb/day.**

**Vitamin C:** Collagen hydroxylation and antioxidant support. **2–3 mg/lb/day.**

**Silica (orthosilicic/MMST):** Supports collagen cross-linking, bone strength, and connective tissue. **0.5–1 mg/lb/day.**

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

**Curcumin (with Piperine):** NF-κB inhibitor lowering systemic inflammation, helps relieve PMS cramping. **0.8–1 mg/lb/day.**

**Quercetin:** Potent flavonoid antioxidant that stabilizes mast cells, lowers allergies, and supports vascular health. **2–3 mg/lb/day.**

**Probiotic (≥25B CFU):** Improves gut health, immune balance, and estrogen metabolism. **Per label.**

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### **Sleep / Recovery (Score: 10/10)**

**Magnesium L-Threonate:** Enhances brain magnesium, improving sleep quality and memory consolidation. **8–10 mg/kg/night.**

**Apigenin:** Plant flavonoid that promotes relaxation via GABA-A receptor modulation. **50 mg/night.**

**Glycine:** Lowers core body temperature, improves deep sleep, and supports collagen synthesis. **0.02–0.03 g/lb/night.**

**Tart Cherry Extract:** Provides melatonin and anthocyanins to improve circadian rhythm and reduce soreness. **~5 mg/lb/night.**

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## **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, Bergamot Extract.

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

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## **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.