

Women 30–40 — Weight Maintenance Stack

Purpose

After achieving weight loss, many women in their thirties struggle with **weight regain** due to creeping insulin resistance, elevated stress, and subtle hormonal changes. This stack is designed to:

- Prevent rebound fat gain by stabilizing appetite and blood sugar
 - Support menstrual regularity and fertility potential
 - Preserve lean mass and connective tissue during maintenance
 - Reduce inflammation and promote gut balance
 - Ensure deep, restorative sleep to regulate appetite hormones (ghrelin, leptin, GLP-1)
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System-by-System Optimization

Metabolic / Appetite Control (Score: 10/10)

Berberine: Maintains insulin sensitivity and post-meal glucose control, preventing fat regain. **~0.4 mg/lb/day split with meals.**

Chromium Picolinate: Enhances insulin receptor sensitivity, stabilizes cravings, and supports healthy metabolism. **200–400 mcg/day.**

Fiber (Psyllium, Acacia, or Inulin): Improves satiety, lowers glycemic spikes, and promotes microbiome diversity. **0.2–0.3 g/lb/day total fiber** (from diet + supplements).

Probiotics (≥25B CFU): Enhance microbiome stability, regulate appetite hormones, and prevent rebound weight gain. **Per label.**

Endocrine / Hormonal (Score: 10/10)

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

Myo-Inositol: Improves insulin-ovarian communication, keeping cycles regular during weight stabilization. **50–100 mg/lb/day.**

Ashwagandha: Adaptogen that lowers cortisol, preventing stress-driven eating and belly fat accumulation. **1.5–2 mg/lb/day.**

Vitex (Chasteberry): Supports progesterone balance and reduces PMS-related appetite swings. **20–40 mg/day standardized extract.**

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

Essential Amino Acids (EAAs): Ensure consistent MPS stimulation, particularly on lower-protein days. **0.05–0.08 g/lb/day.**

Whey Isolate: Leucine-rich, fast protein to hit daily protein goals. Total protein intake: **0.8–1.0 g/lb/day.**

Collagen Peptides: Maintain tendon, ligament, and skin resilience. **0.05–0.06 g/lb/day.**

Vitamin C: Cofactor for collagen hydroxylation. **2–3 mg/lb/day.**

Silica: Supports collagen cross-linking and bone density. **0.5–1 mg/lb/day.**

Omega-3 (EPA/DHA): Lowers inflammation and protects cardiovascular health. **25–30 mg/lb/day.**

Neurocognitive / Stress Balance (Score: 10/10)

Lion's Mane Mushroom: Enhances NGF, supporting focus, mood, and memory for adherence to healthy routines. **3–4 mg/lb/day extract.**

L-Theanine: Calms sympathetic drive and reduces stress-related eating. **100–200 mg/day.**

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

Curcumin (with Piperine): Reduces systemic inflammation, protecting insulin sensitivity and cycle regularity. **0.8–1 mg/lb/day.**

Quercetin: Antioxidant that stabilizes mast cells and supports immune balance. **2–3 mg/lb/day.**

Sleep / Recovery (Score: 10/10)

Magnesium L-Threonate: Improves cognition and sleep depth. **8–10 mg/kg/night.**

Apigenin: GABA-A modulator that reduces sleep latency. **50 mg/night.**

Glycine: Deepens slow-wave sleep, lowers core body temp, and aids collagen synthesis. **0.02–0.03 g/lb/night.**

Tart Cherry Extract: Provides melatonin precursors and anthocyanins, extending sleep cycles and reducing 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 or Whey if needed.

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

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.