

# Women 50–60 — Health & Wellness Stack

## Purpose

In their fifties, most women are in menopause or transitioning through it. Estrogen and progesterone are low, bone and cardiovascular risks rise, and sarcopenia (muscle loss) accelerates. This stack is designed to:

- Protect cardiovascular and metabolic health post-menopause
  - Preserve bone density and lean muscle
  - Improve cognitive clarity and reduce oxidative stress
  - Support joint, skin, and connective tissue health
  - Promote deep, restorative sleep to regulate appetite and recovery
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## System-by-System Optimization

### Cardiovascular (Score: 10/10)

**Omega-3 (EPA/DHA):** Reduces triglycerides, lowers vascular inflammation, and improves arterial elasticity. Also supports brain function and mood during menopause. **25–30 mg/lb/day.**

**CoQ10 (Ubiquinol):** Fuels cardiac and skeletal muscle mitochondria, critical for energy and vascular health, especially in women on statins. **1–2 mg/lb/day.**

**Astaxanthin:** Protects LDL from oxidation, improves skin elasticity, and lowers oxidative stress. **0.05 mg/lb/day.**

**Magnesium Glycinate:** Improves blood pressure, insulin sensitivity, and vascular smooth muscle tone. **3–4 mg elemental Mg/lb/day.**

**Bergamot Extract:** Lowers LDL, triglycerides, and improves HDL, helping control lipid drift common post-menopause. **2–3 mg/lb/day.**

**Aged Garlic Extract:** Lowers blood pressure, improves vascular compliance, and supports nitric oxide production. **3–4 mg/lb/day.**

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

**Vitamin D3 + K2:** Supports bone mineral density and reduces fracture risk, critical in postmenopausal women. **40–60 IU/lb/day D3 + 100 mcg/day K2.**

**Zinc + Copper:** Zinc supports immune function and tissue repair; copper balances zinc and supports collagen/antioxidant enzymes. **Zinc 0.15 mg/lb/day + Copper 0.01 mg/lb/day.**

**Ashwagandha:** Lowers cortisol, improves resilience, and supports sleep, which often declines after menopause. **1.5–2 mg/lb/day.**

**Myo-Inositol:** Enhances insulin sensitivity and reduces risk of postmenopausal metabolic syndrome. **50–100 mg/lb/day.**

**DHEA (if clinically indicated):** Supports adrenal androgen decline, improving energy, libido, and mood. **5–25 mg/day under supervision.**

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

**NMN (Nicotinamide Mononucleotide):** Maintains NAD<sup>+</sup> pools, enhancing mitochondrial output and DNA repair. **0.5–1 mg/lb/day.**

**R-Alpha-Lipoic Acid (R-ALA):** Improves insulin sensitivity, regenerates antioxidants, and supports mitochondrial redox balance. **0.5–1 mg/lb/day.**

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

**Rhodiola Rosea:** Adaptogen that enhances fatigue resistance and cognitive stability under stress. **0.8–1 mg/lb/day.**

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

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

**CDP-Choline + Alpha-GPC:** Boost acetylcholine production to protect memory and cognitive speed. **CDP 1 mg/lb/day + Alpha-GPC 1.5 mg/lb/day.**

**Phosphatidylserine:** Improves cortisol regulation and supports memory consolidation. **1–2 mg/lb/day.**

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

**Collagen Peptides:** Maintain joint, tendon, and skin integrity as collagen loss accelerates after menopause. **0.05–0.06 g/lb/day.**

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

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

**Calcium (if diet is insufficient):** Preserves bone mineralization. **500–800 mg/day supplement if <1000 mg dietary intake.**

**Magnesium (as above):** Complements calcium for bone health.

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

**Curcumin (with Piperine):** Potent NF- $\kappa$ B inhibitor, lowers inflammation, joint stiffness, and improves recovery. **0.8–1 mg/lb/day.**

**Quercetin:** Antioxidant that stabilizes mast cells and protects vascular and immune function. **2–3 mg/lb/day.**

**Probiotics ( $\geq 25$ B CFU):** Improve gut microbiome diversity, reduce inflammation, and help regulate estrogen metabolites post-menopause. **Per label.**

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

**Magnesium L-Threonate:** Improves deep sleep, cognition, and reduces insomnia common in menopause. **8–10 mg/kg/night.**

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

**Glycine:** Lowers body temperature, deepens slow-wave sleep, and contributes to collagen production. **0.02–0.03 g/lb/night.**

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

**Melatonin (if needed):** Restores circadian rhythm as endogenous levels decline with age. **0.3–1 mg/night.**

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## Daily Routine

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

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

**Afternoon (4 PM):** Myo-Inositol, Ashwagandha, R-ALA, Bergamot, Aged Garlic.

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

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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.