

Women 50–60 — Weight Maintenance Stack

Purpose

In their fifties, most women are menopausal and face challenges such as decreased estrogen, reduced bone density, sarcopenia, and higher cardiometabolic risk. After losing weight, the challenge is **maintaining** it without rebound gain. This stack is designed to:

- Stabilize appetite and prevent weight regain
 - Preserve lean muscle and bone density in menopause
 - Support cardiovascular and metabolic health
 - Reduce systemic inflammation and oxidative stress
 - Enhance sleep quality, which regulates appetite and energy balance
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System-by-System Optimization

Metabolic / Appetite Control (Score: 10/10)

Berberine: Mimics insulin, activates AMPK, stabilizes glucose, and prevents fat rebound. **~0.4 mg/lb/day split with meals.**

Chromium Picolinate: Improves insulin receptor activity, supporting stable blood sugar and reducing cravings. **200–400 mcg/day.**

Fiber (Psyllium, Acacia, or Inulin): Slows digestion, improves satiety, and regulates appetite hormones (GLP-1, PYY). **0.2–0.3 g/lb/day total fiber.**

Probiotics (≥25B CFU): Maintain a diverse microbiome, associated with weight stability and reduced central obesity. **Per label.**

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2: Protects bone mineral density, immune stability, and hormone signaling post-menopause. **40–60 IU/lb/day D3 + 100 mcg/day K2.**

Zinc + Copper: Zinc supports immune health and tissue repair, while copper balances zinc and supports collagen enzymes. **Zinc 0.15 mg/lb/day + Copper 0.01 mg/lb/day.**

Ashwagandha: Lowers cortisol, prevents stress-driven fat gain, and improves sleep quality. **1.5–2 mg/lb/day.**

Myo-Inositol: Improves insulin sensitivity, reducing risk of postmenopausal metabolic syndrome. **50–100 mg/lb/day.**

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

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

Essential Amino Acids (EAAs): Provide the indispensable amino acids to sustain MPS during reduced calorie or protein intake. **0.05–0.08 g/lb/day**, with peri-workout doses.

Whey Isolate: Fast-digesting protein rich in leucine to maintain lean mass. Protein goal: **0.8–1.0 g/lb/day** (up to 1.2 g/lb for sarcopenia prevention).

Collagen Peptides: Support tendons, ligaments, skin, and bone integrity. **0.05–0.06 g/lb/day.**

Vitamin C: Required for collagen hydroxylation and repair. **2–3 mg/lb/day.**

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

Omega-3 (EPA/DHA): Anti-inflammatory support for cardiovascular health and joint protection. **25–30 mg/lb/day.**

Calcium (if diet is insufficient): Protects bone strength in postmenopause. **500–800 mg/day supplemental if diet <1000 mg/day.**

Neurocognitive / Stress Balance (Score: 10/10)

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

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

L-Theanine: Calms the nervous system and reduces stress-driven appetite. **100–200 mg/day.**

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

Curcumin (with Piperine): Lowers inflammation, improves joint comfort, and supports cardiovascular resilience. **0.8–1 mg/lb/day.**

Quercetin: Antioxidant that stabilizes mast cells and reduces oxidative stress. **2–3 mg/lb/day.**

Sleep / Recovery (Score: 10/10)

Magnesium L-Threonate: Increases brain magnesium, improving deep sleep and cognitive function. **8–10 mg/kg/night.**

Apigenin: Flavone that promotes relaxation through GABA-A activity, improving sleep onset. **50 mg/night.**

Glycine: Lowers body temperature, deepens restorative sleep, and aids collagen synthesis. **0.02–0.03 g/lb/night.**

Tart Cherry Extract: Provides melatonin and anthocyanins, supporting circadian alignment and recovery. **~5 mg/lb/night.**

Melatonin (if needed): Replaces diminished endogenous production for circadian stability. **0.3–1 mg/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, EAAs or Whey, Fiber + Probiotic, Calcium (if needed).

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

Evening (9 PM): Magnesium L-Threonate, Glycine, Apigenin, Tart Cherry Extract, Melatonin (if needed).

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.

