

Women 60–70 — Anti-Aging Stack

Purpose

In their sixties, women face **accelerated biological aging**: collagen breakdown, sarcopenia, osteoporosis risk, cardiovascular decline, and cognitive vulnerability. Cellular hallmarks — telomere shortening, NAD⁺ depletion, mitochondrial dysfunction, and accumulation of senescent cells — are pronounced. This stack is designed to:

- Protect DNA and telomeres
 - Restore mitochondrial efficiency and NAD⁺ pools
 - Clear senescent cells (“zombie cells”) that promote inflammation
 - Preserve muscle, bone, skin, and cognitive function
 - Support deep sleep and nightly repair
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System-by-System Optimization

DNA / Cellular Longevity (Score: 10/10)

NMN (Nicotinamide Mononucleotide): Restores NAD⁺, fueling sirtuins and PARPs that repair DNA and maintain mitochondrial health. **0.5–1 mg/lb/day**.

Resveratrol: Activates SIRT1, mimicking caloric restriction, protecting DNA, and improving mitochondrial biogenesis. **2 mg/lb/day**.

Pterostilbene: Bioavailable analog of resveratrol that boosts sirtuin activity and reduces oxidative stress. **0.6 mg/lb/day**.

Astragaloside IV: Activates telomerase, slowing telomere shortening and improving genomic stability. **2–3 mg/lb/day**.

Fisetin: Senolytic polyphenol that selectively eliminates senescent cells, improving tissue renewal and reducing chronic inflammation. **4–5 mg/lb/day × 2 days/month**.

Quercetin: Senolytic partner with fisetin; also stabilizes mast cells and serves as a daily antioxidant. **3–4 mg/lb/day**.

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2: Maintains bone mineral density, immune stability, and cardiovascular protection. **40–60 IU/lb/day D3 + 100 mcg/day K2.**

Zinc + Copper: Zinc supports immunity and anabolic enzymes; copper balances zinc and supports collagen formation. **Zinc 0.15 mg/lb/day + Copper 0.01 mg/lb/day.**

Ashwagandha: Adaptogen that lowers cortisol, supports thyroid function, improves sleep, and reduces anxiety. **1.5–2 mg/lb/day.**

DHEA (if indicated): Supports declining adrenal androgens, energy, and lean mass. **5–25 mg/day under medical supervision.**

Cellular / Mitochondrial (Score: 10/10)

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

Acetyl-L-Carnitine (ALCAR): Enhances fatty acid transport into mitochondria, boosting energy and cognitive clarity. **5–6 mg/lb/day.**

Rhodiola Rosea: Improves mitochondrial biogenesis, endurance, and stress tolerance. **0.8–1 mg/lb/day.**

CoQ10 (Ubiquinol): Restores ATP production in cardiac and skeletal muscle mitochondria. **1.5–2 mg/lb/day.**

Neurocognitive (Score: 10/10)

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

CDP-Choline + Alpha-GPC: Boost acetylcholine production, supporting learning, attention, and recall. **CDP 1 mg/lb/day + Alpha-GPC 1.5 mg/lb/day.**

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

Astaxanthin: Protects the brain, retina, and skin from oxidative damage. **0.05 mg/lb/day.**

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

Collagen Peptides: Counteracts accelerated collagen loss, preserving skin, joints, tendons, and bone. **0.05–0.06 g/lb/day.**

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

Silica: Strengthens connective tissue and bone via collagen cross-linking. **0.5–1 mg/lb/day.**

Calcium (if diet insufficient): Essential for bone health in postmenopause. **500–800 mg/day supplemental if <1000 mg dietary intake.**

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

Curcumin (with Piperine): Suppresses NF- κ B, lowering systemic inflammation and arthritis pain. **0.8–1 mg/lb/day.**

Quercetin (daily use): Provides antioxidant and mast-cell stabilization in addition to senolytic activity. **2–3 mg/lb/day.**

Probiotics (≥ 25 B CFU): Improve gut resilience, regulate inflammation, and optimize nutrient absorption. **Per label.**

Sleep / Recovery (Score: 10/10)

Magnesium L-Threonate: Improves deep sleep quality, cognition, and reduces age-related insomnia. **8–10 mg/kg/night.**

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

Glycine: Lowers core body temperature, improves restorative slow-wave sleep, and aids collagen production. **0.02–0.03 g/lb/night.**

Tart Cherry Extract: Provides melatonin and polyphenols, extending circadian rhythm and reducing inflammation. **~5 mg/lb/night.**

Melatonin (if needed): Restores circadian rhythm as natural melatonin production declines with age. **0.3–1 mg/night.**

Daily Routine

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

Midday (12 PM): R-ALA, ALCAR, EGCG (optional addition), Collagen + Vitamin C, Silica, Calcium (if needed).

Afternoon (4 PM): Rhodiola, Curcumin, Quercetin, Probiotic.

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

Monthly Pulse: Fisetin 4–5 mg/lb/day for 2 consecutive days, taken with Quercetin.

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.
