

# Women 60–70 — Health & Wellness Stack

## Purpose

In their sixties, women face the compounded challenges of post-menopausal hormone decline, accelerated sarcopenia, loss of bone density, cardiovascular risk, cognitive decline, and poorer sleep. This stack is designed to:

- Preserve lean muscle and bone density
  - Support cardiovascular and metabolic resilience
  - Protect cognition and memory
  - Reduce inflammation and oxidative stress
  - Promote connective tissue, skin, and joint integrity
  - Enhance restorative sleep, which declines with age
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## System-by-System Optimization

### Cardiovascular (Score: 10/10)

**Omega-3 (EPA/DHA):** Reduces triglycerides, lowers systemic inflammation, improves endothelial function, and supports brain health. **25–30 mg/lb/day.**

**CoQ10 (Ubiquinol):** Restores mitochondrial ATP production in cardiac and skeletal muscle; crucial for women on statins. **1.5–2 mg/lb/day.**

**Astaxanthin:** Potent antioxidant that reduces LDL oxidation and improves vascular elasticity. **0.05 mg/lb/day.**

**Magnesium Glycinate:** Helps maintain vascular tone, improves glucose control, and reduces cramping. **3–4 mg elemental Mg/lb/day.**

**Bergamot Extract:** Supports cholesterol balance by lowering LDL and triglycerides and raising HDL. **2–3 mg/lb/day.**

**Aged Garlic Extract:** Lowers blood pressure, improves arterial elasticity, and enhances nitric oxide signaling. **3–4 mg/lb/day.**

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

**Vitamin D3 + K2:** Critical for bone health, muscle function, immune balance, and cardiovascular protection. **40–60 IU/lb/day D3 + 100 mcg/day K2.**

**Zinc + Copper:** Zinc supports immunity and protein synthesis; copper prevents imbalance and supports collagen and antioxidant enzymes. **Zinc 0.15 mg/lb/day + Copper 0.01 mg/lb/day.**

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

**DHEA (if indicated):** May support declining adrenal androgens, libido, and energy. **5–25 mg/day under medical supervision.**

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

**NMN (Nicotinamide Mononucleotide):** Replenishes NAD<sup>+</sup> to support sirtuins, DNA repair, and mitochondrial health. **0.5–1 mg/lb/day.**

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

**Acetyl-L-Carnitine (ALCAR):** Supports mitochondrial fatty acid transport, enhances energy, and improves cognition. **5–6 mg/lb/day.**

**Rhodiola Rosea:** Improves fatigue resistance, mood, and mitochondrial function. **0.8–1 mg/lb/day.**

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

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

**CDP-Choline + Alpha-GPC:** Improve acetylcholine levels, enhancing memory, focus, and executive function. **CDP 1 mg/lb/day + Alpha-GPC 1.5 mg/lb/day.**

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

**Astaxanthin (as above):** Protects against oxidative stress in the brain and eyes.

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

**Collagen Peptides:** Provide glycine-rich proteins to preserve skin elasticity, tendon/joint health, and bone integrity. **0.05–0.06 g/lb/day.**

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

**Silica (orthosilicic acid/MMST):** Supports collagen cross-linking and bone density. **0.5–1 mg/lb/day.**

**Calcium (if dietary intake is insufficient):** Protects bone mass and reduces osteoporosis risk. **500–800 mg/day supplemental if diet <1000 mg/day.**

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

**Curcumin (with Piperine):** Inhibits NF-κB, reducing systemic inflammation, arthritis pain, and stiffness. **0.8–1 mg/lb/day.**

**Quercetin:** Antioxidant flavonoid that stabilizes mast cells, reduces oxidative stress, and supports vascular and immune health. **2–3 mg/lb/day.**

**Probiotics (≥25B CFU):** Improve gut microbiome resilience, regulate inflammation, and support healthy metabolism. **Per label.**

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

**Magnesium L-Threonate:** Enhances brain magnesium, improving cognition and slow-wave sleep. **8–10 mg/kg/night.**

**Apigenin:** Flavone that promotes relaxation and reduces sleep latency. **50 mg/night.**

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

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

**Melatonin (if needed):** Restores circadian rhythm as natural production declines. **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):** R-ALA, Ashwagandha, Bergamot, Aged Garlic.

**Evening (9 PM):** 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.