

Women 60–70 — Weight Loss Stack

Purpose

In their sixties, women face a **slower metabolism**, accelerated **sarcopenia**, reduced **bone density**, and increased **insulin resistance**. Fat loss is more challenging because of anabolic resistance, reduced estrogen, and impaired recovery. This stack is designed to:

- Improve insulin sensitivity and stabilize blood sugar
 - Enhance fat oxidation and metabolic flexibility
 - Reduce cravings and improve appetite control
 - Preserve lean mass and bone during calorie restriction
 - Control inflammation and oxidative stress
 - Support cognition, mood, and restorative sleep
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System-by-System Optimization

Glycemic / Appetite Control (Score: 10/10)

Berberine: Insulin mimetic that activates AMPK, lowers hepatic glucose production, and reduces cravings. **~0.4 mg/lb with meals** (typically 500–1000 mg/day split).

Chromium Picolinate: Improves insulin receptor function, stabilizes postprandial blood sugar, and helps curb appetite. **200–400 mcg/day**.

Fiber (Psyllium, Acacia, Inulin): Expands in the stomach to increase satiety, lowers glycemic variability, and promotes GLP-1 and PYY hormone release. **0.2–0.3 g/lb/day total dietary fiber**.

5-HTP (5-Hydroxytryptophan): Precursor to serotonin that suppresses late-night cravings and improves mood. **~1 mg/lb/night**.

Probiotics (≥25B CFU): Improve gut microbiome composition, regulate satiety hormones, and reduce central obesity risk. **Per label**.

Metabolic / Mitochondrial (Score: 10/10)

EGCG (Green Tea Extract): Boosts thermogenesis and fat oxidation while reducing oxidative stress. **2–3 mg/lb/day**.

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

Rhodiola Rosea: Adaptogen that reduces fatigue and improves training tolerance in calorie restriction. **0.8–1 mg/lb/day.**

CoQ10 (Ubiquinol): Enhances mitochondrial ATP production, critical for energy in older women. **1.5–2 mg/lb/day.**

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2: Supports bone health, muscle contraction, and cardiovascular stability. **40–60 IU/lb/day D3 + 100 mcg/day K2.**

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

Ashwagandha: Reduces cortisol-driven belly fat, improves stress resilience, and enhances sleep. **1.5–2 mg/lb/day.**

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

Lean Mass & Bone Preservation (Score: 10/10)

Essential Amino Acids (EAAs): Provide the complete pool of indispensable amino acids to stimulate MPS. **0.05–0.1 g/lb/day**, split, peri-workout emphasized.

Whey Isolate: Rich in leucine for strong MPS pulses; crucial post-exercise. Protein target: **1.0–1.2 g/lb/day** in this age group.

HMB (β -Hydroxy β -Methylbutyrate): Leucine metabolite that reduces proteolysis and preserves lean mass during deficit. **3 g/day.**

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

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

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

Omega-3 (EPA/DHA): Protects joints, reduces inflammation, and enhances metabolic health. **25–30 mg/lb/day.**

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

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

Curcumin (with Piperine): Reduces systemic inflammation and improves joint comfort. **0.8–1 mg/lb/day.**

Quercetin: Potent antioxidant that lowers oxidative stress and supports vascular function. **2–3 mg/lb/day.**

Sleep / Recovery (Score: 10/10)

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

Apigenin: Promotes relaxation by modulating GABA-A receptors. **50 mg/night.**

Glycine: Lowers core body temperature, deepens slow-wave sleep, and supports collagen synthesis. **0.02–0.03 g/lb/night.**

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

Melatonin (if needed): Replaces reduced natural production to align circadian rhythm. **0.3–1 mg/night.**

5-HTP (as above): Provides satiety and sleep synergy.

Daily Routine

Morning (8 AM): Berberine (first dose), Rhodiola, ALCAR, Omega-3, Vitamin D3/K2, CoQ10.

Pre-Workout (if training): EAAs or Whey Isolate; optional caffeine + L-Theanine.

Midday (12 PM meal): EGCG, Fiber + Probiotic, Collagen + Vitamin C + Silica, Calcium (if needed).

Afternoon (4 PM meal): Berberine (second dose), Myo-Inositol, Ashwagandha, Curcumin, Quercetin.

Evening (9 PM): Magnesium L-Threonate, Glycine, Apigenin, Tart Cherry Extract, 5-HTP, Melatonin (if needed).

Anytime: HMB (split doses if desired).

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.