

Women 60–70 — Weight Maintenance Stack

Purpose

By their sixties, women are often post-menopausal with reduced estrogen, accelerated sarcopenia, bone density loss, and higher cardiovascular and cognitive risks. After successful weight loss, the main challenge is **preventing weight regain** while protecting lean mass, bone, and long-term health. This stack is designed to:

- Stabilize appetite and satiety hormones
- Maintain insulin sensitivity and metabolic flexibility
- Preserve lean muscle and bone density
- Reduce chronic inflammation and oxidative stress
- Support cognitive clarity and restorative sleep

System-by-System Optimization

Metabolic / Appetite Control (Score: 10/10)

Berberine: Activates AMPK, mimics insulin, reduces hepatic glucose output, and maintains post-meal glucose control to prevent fat regain. **~0.4 mg/lb/day split with meals.**

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

Fiber (Psyllium, Acacia, or Inulin): Slows gastric emptying, improves satiety, regulates microbiome, and sustains GLP-1 and PYY release. **0.2–0.3 g/lb/day total fiber.**

Probiotics (≥25B CFU): Maintain microbiome diversity, regulate appetite hormones, and reduce weight rebound. **Per label.**

Endocrine / Hormonal (Score: 10/10)

Vitamin D3 + K2 (MK-7): Supports bone strength, cardiovascular health, and immune stability. **40–60 IU/lb/day D3 + 100 mcg/day K2.**

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

Ashwagandha: Lowers cortisol, stabilizes appetite, improves sleep, and supports thyroid function. **1.5–2 mg/lb/day.**

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

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

Lean Mass & Bone (Score: 10/10)

Essential Amino Acids (EAAs): Provide the indispensable amino acids to maintain MPS. **0.05–0.08 g/lb/day**, peri-workout emphasized.

Whey Isolate: Fast, leucine-rich protein to maintain lean mass. Total daily protein: **1.0–1.2 g/lb/day** for sarcopenia prevention.

Collagen Peptides: Support tendon, ligament, skin, and bone health. **0.05–0.06 g/lb/day.**

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

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

Omega-3 (EPA/DHA): Reduces systemic inflammation and supports cardiovascular health. **25–30 mg/lb/day.**

Calcium (if diet insufficient): Maintains bone strength post-menopause. **500–800 mg/day supplemental if <1000 mg dietary intake.**

Neurocognitive / Stress Balance (Score: 10/10)

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

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

L-Theanine: Calms excitatory neurotransmission and reduces stress-driven eating. **100–200 mg/day.**

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

Curcumin (with Piperine): Potent NF-κB inhibitor lowering systemic inflammation and protecting joints. **0.8–1 mg/lb/day.**

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

Sleep / Recovery (Score: 10/10)

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

Apigenin: Plant flavone that promotes relaxation by modulating GABA-A receptors. **50 mg/night.**

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

Tart Cherry Extract: Provides melatonin and anthocyanins, extending sleep cycles and improving recovery. **~5 mg/lb/night.**

Melatonin (if needed): Restores circadian rhythm as endogenous production declines. **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.