

LONGEVITY STACK

Complete Longevity Stack — Optimized Protocol

PRODUCT SUMMARY

Product	Supply	Primary Function
Moleqlar ONE	30 days	Multi-pathway longevity foundation
Moleqlar Collagen Booster	30 days	Structural proteins & skin
Moleqlar Mg L-Threonate	30 days	Brain magnesium & cognition
Moleqlar Omega-3	30 days	Anti-inflammatory & cardiovascular
GlyNAC	60 days	Glutathione synthesis
SulforaPro	30 days	Nrf2 activation
Uthever NMN 300mg	60 days	Direct NAD+ precursor
Deba Pharma Mg Bisglycinate	100 days	Systemic magnesium & relaxation
Lithium Orotate (liquid)	125 days	Neuroprotection (micro-dose)
Spermidine PRO	60 days	Autophagy induction

Total: 10 products

PATHWAY COVERAGE ANALYSIS

Pathway	Coverage	Key Contributors
NAD+ Synthesis	●●●●	ONE (niacin) + NMN 300mg (most direct precursor)
NAD+ Preservation	●●●●○	Luteolin (50mg from ONE) + Quercetin (100mg) — CD38 inhibition
Glutathione	●●●●●	GlyNAC (glycine + NAC) + SulforaPro (Nrf2 upregulation)
Nrf2 Activation	●●●●●	SulforaPro (78mg pre-formed + ~30mg from conversion) + EGCG (37.7mg)
Mitochondrial Energy	●●●●○	CaAKG, creatine, NMN
Autophagy	●●●●●	Spermidine PRO (6mg) + resveratrol + sulforaphane
Collagen Synthesis	●●●●●	Collagen Booster (glycine, proline, lysine, vitamin C)
Omega-3 Index	●●●●●	Omega-3 (EPA 1500mg + DHA 750mg)
Brain Magnesium	●●●●●	Mg L-Threonate (crosses BBB)
Neuroprotection	●●●●●	Mg L-Threonate + Lithium (GSK-3β, BDNF)
Senolytic	●●●○○	Quercetin (100mg) — consider intermittent fisetin pulses

OPTIMIZED DAILY TIMING PROTOCOL

Critical Note: Vitamin C (100mg in ONE, 100mg in Collagen Booster) reduces sulforaphane bioavailability. This protocol separates SulforaPro from ONE by 30+ minutes.

Time	Products	Instructions	Rationale
7:00 AM	GlyNAC (2 caps)	Empty stomach	NAC absorption optimized fasted
7:30 AM	SulforaPro (2 caps)	Still empty stomach, before food	Separates from vitamin C by 30 min
	Spermidine PRO (1 cap)	Can take with water	Autophagy support; no food interaction
8:00 AM	ONE (1 sachet)	With fat-containing breakfast	Fat-soluble compounds need dietary fat
	Omega-3 (3 caps)	With breakfast	EPA/DHA absorption requires fat
	NMN 300mg (1 cap)	With breakfast	NAD+ precursor; morning timing optimal
Midday	Collagen Booster (1 serving)	Mix with any liquid	Flexible timing; protein synthesis
	Lithium Orotate (1-2ml)	With water	Ensure adequate hydration
Evening	Mg Bisglycinate (1-2 caps)	With dinner or 30 min before bed	Systemic Mg; relaxation; sleep support
	Mg L-Threonate (3 caps)	Before bed	Brain Mg; supports sleep overnight

Timing Notes

- **Morning clustering:** NAD+ boosters and Nrf2 activators are best taken in morning (energy-promoting)
 - **Sulforaphane isolation:** Keep 30+ min away from vitamin C for maximum sulforaphane absorption
 - **GlyNAC fasted:** NAC absorbs better on empty stomach; glycine is flexible
 - **Spermidine flexible:** No specific food interactions; morning aligns with circadian autophagy
 - **Evening Mg:** L-Threonate promotes sleep; avoid taking NAD+ boosters late (may increase alertness)
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LONGEVITY STACK

Complete Ingredients Table

Ingredient	Total Amount	% of RDI	RDI	Impact/Effect	Excess Handling	Long-term Excess Consequences
Creatine Monohydrate	2000 mg	n/a	No official RDI (studies: 3000-5000 mg)	ATP energy production; strength and power; cognitive enhancement; neuroprotection; may support healthy aging	Stored in muscles (up to saturation); excess excreted via kidneys	✓ Very well-studied; safe long-term
L-Citrulline Malate	1000 mg	n/a	No official RDI (studies: 6000-8000 mg)	Nitric oxide production; blood flow; exercise performance; may lower blood pressure; reduces fatigue	Converted to arginine; excess excreted	✓ Very safe
Inositol	500 mg	n/a	No official RDI (studies: 2000-18000 mg)	Cell signaling; mood support (anxiety, depression); insulin sensitivity; hormonal balance	Used in cell signaling; excess excreted	✓ Very safe
JOINT & SKIN SUPPORT						
Glucosamine Sulfate	850 mg	n/a	No official RDI (studies: 1500 mg)	Cartilage building block; joint health; may reduce joint pain and stiffness; supports synovial fluid	Incorporated into cartilage; excess excreted	✓ Safe long-term
Sodium Hyaluronate (Collagen Booster)	106 mg	n/a	No official RDI	Precursor to hyaluronic acid; joint and skin hydration	Incorporated into tissues; metabolized	✓ Very safe
— of which Hyaluronic Acid	100 mg	n/a	No official RDI	Joint lubrication; skin hydration	Incorporated into tissues	✓ Very safe
Hyaluronic Acid (ONE)	100 mg	n/a	No official RDI (studies: 100-200 mg)	Joint lubrication; skin hydration and elasticity; wound healing; eye health	Incorporated into joints/skin; metabolized	✓ Very safe
Hyaluronic Acid (total)	200 mg	n/a	No official RDI	Combined joint and skin support from both sources	Incorporated into tissues	✓ Very safe
Blood Rain Algae Powder	80 mg	n/a	No official RDI	Natural source of astaxanthin; antioxidant	Metabolized	✓ Safe
— of which Astaxanthin	4 mg	n/a	No official RDI (studies: 4-12 mg)	Powerful antioxidant (6000x vitamin C); skin protection from UV; eye health; reduces inflammation; exercise recovery	Fat-soluble; stored in tissues; slow turnover	✓ Safe at this dose
OMEGA-3 FATTY ACIDS						
Fish Oil (Epax®)	3000 mg	n/a	No official RDI	Delivery vehicle for EPA and DHA; premium wild-caught source	Incorporated into cell membranes; excess metabolized for energy	✓ Safe at this dose
Total Omega-3 Fatty Acids	2250 mg	900%	250 mg (EFSA minimum)	Anti-inflammatory; cardiovascular protection; brain health; mood support	Incorporated into cell membranes	✓ Safe up to 5000 mg/day
— of which EPA	1500 mg	n/a	No separate RDI (experts: 500-1000 mg)	Anti-inflammatory; cardiovascular health; mood regulation (depression/anxiety); joint comfort	Incorporated into membranes; used for anti-inflammatory signaling	✓ Safe at this dose
— of which DHA	750 mg	n/a	No separate RDI (experts: 500-1000 mg)	Brain structure and function; eye health (retina); cognitive performance; neuroprotection	Concentrated in brain/retina; stored in membranes	✓ Very safe

Ingredient	Total Amount	% of RDI	RDI	Impact/Effect	Excess Handling	Long-term Excess Consequences
MAGNESIUM						
Magnesium (total elemental)	298-386 mg	79-103%	375 mg	Muscle and nerve function; energy production; sleep quality; stress reduction; bone health; 300+ enzymatic reactions	Excess excreted via kidneys (water-soluble)	✓ Safe at this dose
— from ONE	60 mg	16%	375 mg	General systemic magnesium	Excess excreted	✓ Safe
Magnesium L-Threonate (compound)	2083 mg	n/a	No official RDI (studies: 1500-2000 mg)	Crosses blood-brain barrier; cognitive enhancement; memory; learning; brain magnesium levels; sleep quality	Crosses blood-brain barrier; excess excreted	✓ Safe at this dose
— of which elemental Mg	150 mg	40%	375 mg	Brain-targeted magnesium	Crosses BBB	✓ Safe
Magnesium Bisglycinate (Deba Pharma)	800-1600 mg	n/a	No official RDI	Highly bioavailable; calming effect; muscle relaxation; stress and sleep support	Well-absorbed; excess excreted	✓ Very safe
— of which elemental Mg	88-176 mg	23-47%	375 mg	Systemic magnesium (1-2 capsules)	Excess excreted	✓ Safe
NEUROPROTECTION						
Lithium Orotate (compound)	Variable	n/a	No official RDI	Delivery form for elemental lithium; orotic acid carrier	Orotic acid metabolized; lithium is active	✓ See lithium notes
— Elemental Lithium	0.5-5 mg	n/a	No official RDI (micro-dose: 1-5 mg)	GSK-3β inhibitor; reduces tau phosphorylation & amyloid; ↑BDNF; neurogenesis; autophagy; gray matter preservation	Excreted via kidneys; half-life 24h; no accumulation at micro-doses	✓ Safe at micro-doses; ensure hydration
MINERALS & TRACE ELEMENTS						
Zinc	7.5 mg	75%	10 mg	Immune function; wound healing; protein synthesis; testosterone production; skin health; taste and smell	Short-term excess excreted; chronic high intake stored	✓ Safe at this dose
Selenium	50 µg	91%	55 µg	Thyroid function; antioxidant (glutathione peroxidase); immune support; DNA synthesis; reproductive health	Narrow window; excess excreted but can accumulate	✓ Safe at this dose; UL is 400µg
Manganese	1.5 mg	75%	2 mg	Bone formation; metabolism; antioxidant enzyme (SOD); blood sugar regulation; wound healing	Excess excreted via bile	✓ Safe at this dose
Chromium	20 µg	50%	40 µg	Blood sugar regulation; insulin sensitivity; macronutrient metabolism	Excess excreted via kidneys	✓ Safe at this dose
Molybdenum	20 µg	40%	50 µg	Enzyme cofactor; detoxification (sulfite oxidase); uric acid production	Excess excreted via kidneys	✓ Very safe
Iodine	100 µg	67%	150 µg	Thyroid hormone production (T3, T4); metabolic rate; brain development; energy levels	Excess excreted via kidneys	✓ Safe at this dose
Boron	500 µg	n/a	No official RDI (studies: 1-3 mg)	Bone health; hormone metabolism (estrogen, testosterone); cognitive function; wound healing	Excess excreted via kidneys	✓ Safe at this dose
VITAMINS						

Ingredient	Total Amount	% of RDI	RDI	Impact/Effect	Excess Handling	Long-term Excess Consequences
Vitamin B1 (Thiamine)	1.7 mg	155%	1.1 mg	Energy metabolism (carbohydrate conversion); nerve function; heart health; cognitive function	Water-soluble; excess excreted in urine	✓ Very safe; no UL established
Vitamin B2 (Riboflavin)	2.1 mg	150%	1.4 mg	Energy production; cellular function; fat metabolism; antioxidant; skin and eye health	Water-soluble; excess excreted in urine (bright yellow)	✓ Very safe; no UL established
Vitamin B5 (Pantothenic Acid)	9 mg	150%	6 mg	Coenzyme A synthesis; hormone production; energy metabolism; wound healing	Water-soluble; excess excreted	✓ Very safe; no UL established
Vitamin B7 (Biotin)	500 µg	1000%	50 µg	Hair, skin, and nail health; energy metabolism; gene regulation; fatty acid synthesis	Water-soluble; excess excreted	✓ Safe; may interfere with lab tests
Vitamin B9 (Folic Acid)	200 µg	100%	200 µg	DNA synthesis and repair; cell division; red blood cell formation; pregnancy health; homocysteine regulation	Water-soluble; excess excreted	✓ Safe at this dose; UL is 1000µg
Vitamin B12	30 µg	1200%	2.5 µg	Nerve function; red blood cell formation; DNA synthesis; energy; cognitive health; homocysteine regulation	Water-soluble; excess excreted; some stored in liver	✓ Very safe; no UL established
Vitamin C	200 mg	250%	80 mg	Antioxidant; collagen synthesis; immune function; iron absorption; wound healing; skin health	Water-soluble; excess excreted in urine	✓ Safe at this dose; UL is 2000mg
Vitamin D3	25 µg (1000 IU)	500%	5 µg / 200 IU (official)	Bone health (calcium absorption); immune modulation; mood regulation; muscle function; gene expression	Fat-soluble; stored in fat tissue and liver	✓ Safe at 1000 IU; UL is 4000 IU
Vitamin E	12 mg α-TE	100%	12 mg α-TE	Antioxidant (lipid protection); skin health; immune function; cardiovascular health; cell membrane integrity	Fat-soluble; stored in fat tissue	✓ Safe at this dose; UL is 300mg
Vitamin K2 (MK-7)	50 µg	67%	75 µg	Directs calcium to bones (not arteries); bone mineralization; cardiovascular protection; works synergistically with D3	Fat-soluble; stored in liver; recycled efficiently	✓ Very safe; caution with blood thinners

SAFETY SUMMARY

✓ All ingredients in this stack are at safe doses for long-term use

⚠ Notes: - Niacin (20mg NE total): Safe; mild flushing possible — take ONE with food if sensitive - Lithium Orotate: EU "Chemical" classification; start at 0.5mg; ensure hydration - Biotin (500µg): Stop 48-72h before thyroid/cardiac blood tests

BASELINE TESTING PROTOCOL

Moleqlar Specialized Tests

Test	What It Measures	When to Test	Retest Interval
NAD+ Test (Intracellular)	Actual cellular NAD+ levels	Before starting NMN	3 months
Biological Age Test	Proteomic biological age vs chronological	Before starting stack	12 months
Omega-3 Index Test	EPA+DHA as % of red blood cell membranes	Before starting Omega-3	3-6 months

Standard Bloodwork Panel

Request these from your physician before starting and for ongoing monitoring:

Category	Tests	Why	Frequency
Metabolic Panel			
	Fasting glucose	Baseline metabolic health	Every 6 months
	HbA1c	3-month glucose average	Every 6 months
	Fasting insulin	Insulin sensitivity (calculate HOMA-IR)	Annually
Liver Function			
	ALT, AST	NAC and supplements processed by liver	Every 6 months
	GGT	Sensitive liver marker	Every 6 months
	Bilirubin	Liver health	Annually
Kidney Function			
	Creatinine	Kidney function (important for lithium)	Every 6 months
	eGFR	Kidney filtration rate	Every 6 months
	BUN	Kidney function	Annually
Inflammation			
	hs-CRP	High-sensitivity inflammation marker	Every 6 months

Category	Tests	Why	Frequency
	Homocysteine	B-vitamin optimization; cardiovascular risk	Every 6 months
	Ferritin	Iron stores + inflammation marker	Annually
Thyroid			
	TSH	Thyroid stimulating hormone	Every 6 months
	Free T4	Active thyroid hormone	Every 6 months
	Free T3	Active thyroid (sulforaphane may affect)	Annually
Lipids			
	Total cholesterol	Baseline cardiovascular	Annually
	LDL-C	"Bad" cholesterol	Annually
	HDL-C	"Good" cholesterol	Annually
	Triglycerides	Metabolic health; omega-3 effect	Annually
	ApoB	Better CVD predictor than LDL	Annually
Vitamins & Minerals			
	Vitamin D (25-OH)	Target 40-60 ng/mL (100-150 nmol/L)	Every 6 months
	Vitamin B12	Baseline; high-dose in stack	Annually
	RBC Magnesium	Better than serum Mg	Annually
Additional Markers			
	Complete Blood Count (CBC)	General health baseline	Annually
	Uric acid	Metabolic health	Annually
	GlycanAge or similar	Biological age (alternative to Moleqlar test)	Annually

Pre-Start Checklist

Before beginning the stack:

#	Task	Status
1	Complete Moleqlar NAD+ Test	<input type="checkbox"/>
2	Complete Moleqlar Biological Age Test	<input type="checkbox"/>
3	Complete Moleqlar Omega-3 Index Test	<input type="checkbox"/>
4	Standard bloodwork panel from physician	<input type="checkbox"/>
5	Record baseline subjective metrics (see tracking section)	<input type="checkbox"/>
6	Take baseline photos (skin quality comparison)	<input type="checkbox"/>

SUBJECTIVE TRACKING METRICS

Track weekly using a 1-10 scale. Record in a spreadsheet or app.

Energy & Vitality

Metric	What to Track	Target Pathways
Morning Energy	How do you feel upon waking? Alert vs groggy	NAD+ (NMN), Mitochondria
Sustained Energy	Mid-afternoon energy dip severity	Creatine, NAD+ (NMN)
Physical Stamina	Exercise capacity and endurance	Omega-3, NAD+, Creatine
Recovery Speed	How quickly you recover from exercise	Collagen, NAD+, Glutathione

Cognitive Function

Metric	What to Track	Target Pathways
Mental Clarity	Brain fog vs sharp thinking	Mg L-Threonate, Lithium, NAD+
Focus Duration	How long you can concentrate	L-Theanine, Creatine, Magnesium
Memory	Short-term recall and retention	Mg L-Threonate, Lithium, Omega-3
Verbal Fluency	Word-finding ease	NAD+, B vitamins

Sleep & Mood

Metric	What to Track	Target Pathways
Sleep Quality	Deep sleep, restfulness	Mg L-Threonate, Glycine, L-Theanine
Sleep Onset	Time to fall asleep	Magnesium, L-Theanine
Mood Stability	Emotional equilibrium throughout day	Lithium, Omega-3, B vitamins
Stress Resilience	How you handle stressors	Magnesium, L-Theanine

Physical Appearance

Metric	What to Track	Target Pathways
Skin Quality	Hydration, elasticity, glow	Collagen, Hyaluronic acid, Astaxanthin
Hair Condition	Thickness, shine, growth	Biotin, Collagen, Zinc
Joint Comfort	Stiffness, mobility, pain	Glucosamine, Hyaluronic acid, Omega-3
Nail Strength	Brittleness, growth rate	Biotin, Collagen

RETESTING SCHEDULE

Month 3 — First Check

Test	Expected Changes	Action if Not Improved
NAD+ Test	20-50% increase from baseline	Ensure consistent NMN intake; consider adding TMG
Bloodwork: hs-CRP	Should decrease (anti-inflammatory effect)	Review omega-3 compliance
Bloodwork: Homocysteine	Should decrease (B vitamins)	Check B12, folate intake
Subjective metrics	Energy, cognition improvements	Review timing protocol

Month 6 — Progress Assessment

Test	Expected Changes	Action if Not Improved
Omega-3 Index	Target 8-12% (from typical 4-6%)	Increase to 4 caps/day if below 8%
Thyroid panel	Monitor T3/T4 (sulforaphane effect)	Adjust Sulforaphane if hypothyroid symptoms
Liver enzymes	Should remain stable	If elevated, reduce NAC temporarily
Kidney function	Should remain stable (lithium safety)	Ensure adequate hydration
Full lipid panel	Improved triglycerides, HDL	Review omega-3, diet factors

Month 12 — Annual Comprehensive

Test	Expected Changes	Notes
Biological Age Test	1-3 year reduction from baseline	Primary outcome measure
NAD+ Test	Sustained elevation	Maintenance confirmation
Omega-3 Index	Stable at 8-12%	Dose optimization
Full bloodwork panel	All markers within optimal range	Safety confirmation
Vitamin D	Target 40-60 ng/mL	Seasonal adjustment may be needed

Ongoing Schedule Summary

Test	Frequency
NAD+ Test	Every 3 months (first year), then every 6 months
Biological Age Test	Annually
Omega-3 Index	Every 6 months
Standard bloodwork	Every 6 months
Subjective tracking	Weekly

MEDICATION INTERACTION CHECKLIST

Verify you are NOT taking any of the following before starting this stack:

Medication Class	Interaction Risk	Action
Psychiatric Lithium	Micro-dose adds to existing levels	Do NOT add lithium orotate
Thiazide Diuretics	Reduce lithium clearance	Consult physician before lithium
Loop Diuretics	Reduce lithium clearance	Consult physician before lithium
ACE Inhibitors	Affect lithium clearance	Consult physician before lithium
NSAIDs (chronic)	Affect lithium clearance	Consult physician before lithium
Blood Thinners (warfarin, etc.)	Omega-3, Vitamin E, K2, resveratrol have mild effects	Inform physician; monitor INR
Statins	Deplete CoQ10	Consider adding CoQ10 supplement
Thyroid Medication	Sulforaphane may alter T4 → T3 conversion	Monitor thyroid; may need dose adjustment

Medication Class	Interaction Risk	Action
Nitroglycerin	NAC interaction	Avoid concurrent use
Metformin	B12 depletion	Stack provides B12; synergistic benefit
Diabetes Medications	Berberine-like effects from some compounds	Monitor blood sugar
SSRIs (citalopram, etc.)	Stack optimized to avoid L-tryptophan	NMN chosen over regeNAD; no serotonin interaction risk

CYCLING RECOMMENDATIONS

Product	Protocol	Rationale
ONE	Continuous daily	Foundation coverage
Collagen Booster	Continuous daily	Structural protein support
Mg L-Threonate	Continuous daily	Brain Mg levels need maintenance
Omega-3	Continuous daily	Cell membrane incorporation is ongoing
GlyNAC	Continuous daily	Baylor RCTs showed benefits reversed after stopping
SulforaPro	Continuous daily	Hormetic effect; no tolerance development
NMN 300mg	Continuous daily	NAD+ requires sustained precursor supply
Mg Bisglycinate	Continuous daily	Systemic Mg levels need maintenance
Lithium Orotate	Continuous daily	Neuroprotection requires sustained low levels
Spermidine PRO	Continuous daily	Autophagy benefits require ongoing support

Intermittent protocols (if adding later): - Fisetin: NOT daily — high-dose pulses only (e.g., 20mg/kg for 2-3 consecutive days, monthly) - Quercetin (senolytic dose): Could pulse quarterly at higher doses

SAFETY NOTES & WARNINGS

Warning	Details	Action
Biotin & Lab Tests	500µg biotin can interfere with thyroid and cardiac blood tests	Stop all supplements 48-72h before blood tests
Lithium Hydration	Micro-dose lithium requires adequate hydration	Drink 2+ liters water daily; ensure sodium intake
Niacin Flushing	20mg NE total (from ONE)	Mild flushing possible; take with food if sensitive
SSRI Note	NMN chosen over regeNAD to avoid L-tryptophan	regeNAD's 100mg tryptophan has theoretical serotonin syndrome risk with SSRIs
Thyroid & Sulforaphane	May increase T4 → T3 conversion	Monitor if hypothyroid; may need medication adjustment
Blood Thinners	Multiple compounds have mild blood-thinning effects	Inform physician; monitor INR if on warfarin
Wheat Germ in Spermidine PRO	Contains wheat germ extract	Avoid if celiac disease (though labeled gluten-free)
Vitamin D Ceiling	1000 IU in stack	If taking additional D3, monitor 25-OH levels (max 60 ng/mL)
Yellow Urine	Vitamin B2 (Riboflavin)	Normal; excess riboflavin excreted — not a concern

REMAINING GAPS & FUTURE ADDITIONS

Gap	Current Coverage	Potential Addition	Notes
CD38 Inhibition	••••○ (Luteolin 50mg + Quercetin 100mg)	Luteolin (additional 50mg)	Lost 45mg luteolin from regeNAD; ONE provides 50mg
Senolytic	•••○○ (Quercetin 100mg only)	Fisetin pulses	Consider quarterly high-dose protocol
Mitochondrial ETC	••••○	CoQ10 (100-200mg)	Especially if on statins
AMPK Activation	•••○○	Berberine	Consider if metabolic concerns
Methylation	••••○	TMG (Betaine)	Can support NAD+ pathway

WHAT NOT TO ADD

Product	Reason
regeNAD	Contains 100mg L-tryptophan — contraindicated with SSRIs (serotonin syndrome risk)
NR (Nicotinamide Riboside)	Redundant — NMN 300mg already provides direct NAD+ precursor
Standalone Resveratrol	Already in ONE (50mg)
Extra B-Complex	Already at 150-1200% RDI for B vitamins
High-dose Vitamin D	1000 IU sufficient; risk of hypercalcemia
Taurine	June 2025 study contradicted earlier longevity claims
Methylene Blue	Too experimental for daily use

Last updated: December 2025 Total ingredients: 50+ across 10 products Pathways covered: NAD+, glutathione, Nrf2, autophagy, mitochondria, collagen, omega-3, brain Mg, neuroprotection Stack optimized for SSRI compatibility (NMN replaces regeNAD to avoid L-tryptophan)

QUICK REFERENCE CARD

Morning Routine (7:00-8:00 AM)

- 7:00 GlyNAC (2 caps) – empty stomach
- 7:30 SulforaPro (2 caps) + Spermidine PRO (1 cap) – still fasted
- 8:00 WITH BREAKFAST:
 - ONE (1 sachet)
 - Omega-3 (3 caps)
 - NMN 300mg (1 cap)

Midday

- Any time:
 - Collagen Booster (1 serving, mix with liquid)
 - Lithium Orotate (1-2ml in water)

Evening

- With dinner or 30 min before bed:
 - Mg Bisglycinate (1-2 caps)

- Before bed:
 - Mg L-Threonate (3 caps)

Remember

- Stop all supplements 48-72h before blood tests (biotin interference)
- Drink plenty of water (lithium, creatine)
- Take photos monthly (skin tracking)
- Log subjective metrics weekly
- Retest NAD+ at 3 months
- Annual biological age test

WEEKLY TRACKING TEMPLATE

Use this template to track your progress. Rate each metric on a 1-10 scale.

Week: _____ Date: _____

Energy (1-10)

Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning energy							
Sustained energy							
Physical stamina							
Recovery speed							

Cognitive (1-10)

Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mental clarity							
Focus duration							
Memory							
Verbal fluency							

Sleep & Mood (1-10)

Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep quality							
Sleep onset							
Mood stability							
Stress resilience							

Physical (1-10)

Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Skin quality							
Joint comfort							

Notes & Observations
