

Strategic Overview

Your supplement stack is well-aligned with your age (50+), diabetes status (metformin 2000 mg/day), and workout demands. Y

Stack Coverage by Goal

- Core health: Multivitamin, B-Complex
- Energy & metabolism: B-Complex, Ginseng
- Cardiovascular: CoQ10, Magnesium, Creatine
- Recovery: Creatine, Magnesium Glycinate
- Sleep: Magnesium Glycinate
- Immune: Multivitamin, Citrulline

Interactions & Compatibility

- Metformin can deplete B12. You're covering it smartly with B-Complex.
- No harmful overlaps detected. Minor B-vitamin redundancy with B-Complex + Multi.
- Citrulline and Ginseng both dilate vessels-space out by a few hours.
- Magnesium may interfere with calcium/zinc-separate from multivitamin if possible.

Optimization Tips

- Split multivitamin and B-complex across AM/PM or alternate days.
- Cycle Panax Ginseng (e.g., 5 days on, 2 off) to avoid adaptation.
- Excellent use of forms: glycinate, softgels, vegan caps = high absorption.
- Creatine + Magnesium at night = smart for performance + sleep.

Optional Enhancements

- Omega-3 (1000 mg/day): inflammation + heart
- D3 + K2 (2000-4000 IU D3): bone, immunity
- Alpha Lipoic Acid (300-600 mg): antioxidant + insulin support
- Ashwagandha (300-600 mg PM): alternate to ginseng for sleep/recovery

Final Assessment

Your stack is strong and safe. You're supplementing with purpose, timing things wisely, and targeting real needs. No red flags,

Jenny's Confidence Score: 9.2 / 10 - High optimization, smart stack, great execution.