

Time for a supplement intervention!

STACK CREATION / DIY SUPPLEMENT PRODUCTION

If you take supplements, at some point you may find you have too many supplements to manage and consume. Time for a supplement intervention!

How can you tell if you fit into this category? Well, if your kitchen cabinets start to resemble the store shelves below, you qualify! Reasons vary, but ultimately many people look to supplements to provide a sense of control and order in their life. And so the more the better. The hope is that active supplementation will improve overall health, and ultimately increase longevity. However tempting this idea is, it's ultimately hard to prove it works. But the possibilities, ah the possibilities!



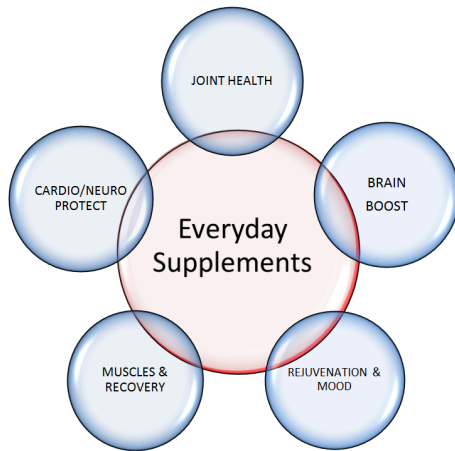
So how do you make good use of even a few dozen of the hundreds upon hundreds of supplements available that look useful towards goals of healthy longevity? I've tried to solve this dilemma by organizing and dispensing supplements different ways, many inspired by like minded posters on longevity.org. The trouble is - most stacks are too troublesome to take longterm.

Is there a simple way to create and produce supplement stacks you want, with minimal effort and cost, but maximum ease of use and flexibility?

I propose a system using the simple concept of divide, organize, and conquer. First, you determine a set of core EVERYDAY supplements, things to take regularly. This is the k.i.s.s. 'must take daily' category and may be TIME dispensed. Second, you create optional FOCUS stacks of supplements. These are used selectively, typically not every day, although they may be. These are made to FOCUS on a health or performance issue, mental or physical.

The EVERYDAY stack contains what is essential, a base to build on. It will vary among individuals. As the FOCUS stacks aims towards activities or health concerns, it may seem they are just

another “bunch of pills”, but as you’ll see, the end result is different here.



Naturally, you must decide what’s to use in the EVERYDAY supplements and FOCUS stacks. Choosing ingredients can be as simple as copying from others or you can create your own. In either case a firm grasp of what the effects of each ingredient used is essential. The best rule to observe - Don’t ingest what you don’t understand!

But once you *have* decided the best ingredients, whats next? You could simply buy capsules online or locally for what you want, although that can get expensive. There’s also the hassle of picking just the right dosage, brand, etc., to get what you need. More often than not you don’t find exactly what you need. And in any case what you end up with is more pills in bottles. So what can you do?

The secret sauce with using FOCUS stacks, is that you combine all ingredients into one standard pill. You take as many or as few pills *of that stack* as needed. No messing with lots of different bottles, or measuring anything out.

These stacks work with your lifestyle to allow a practical routine of supplementation.

You can quickly change your stack for any reason, allowing you to learn from your own experience what, when, and how much, if any, to take of anything. And for supplementation to work, it has to fit your lifestyle. That demands ease of use. Beyond reducing a stack to one pill, using pure ingredients, no fillers, means less to take.

But how can you compound your own supplement stacks without a lot of mess and investment of time? Here is a simple way to formulate your STACK, while being able change it easily, as often as needed.

My answer is a special tool, downloadable as [Capsule / Powder Calculator](#), a Google sheet. It does the heavy lifting of building mixtures to make.

Let’s take a look at how it works. To use the calculator fill in everything in yellow:

- YOUR STACK NAME
- INGREDIENTS names
- Each INGREDIENT DOSE and FILLER amounts
- GRAMS of mixture TO USE (**adjust**)
- CAPSULE WEIGHT
- NUMBER of CAPSULES per DOSE (**adjust**)
- BOTTLE# for easy labeling and storage

CAPSULE / POWDER CALCULATOR		YOUR STACK NAME HERE						
INGREDIENTS	#1 DOSE	Any filler?		Per Cap		Amt to Use	1	< #2 GRAMS to MIX
Ingredient 1	0.100	0.000		0.100		0.500		Enough For
Ingredient 2	0.100	0.000		0.100		0.500		5 days
	0.000	0.000		0.000		0.000		...AND WILL MAKE
	0.000	0.000		0.000		0.000		5 caps
	0.000	0.000		0.000		0.000		
	0.000	0.000		0.000		0.000		Typical CAP Weights
	0.000	0.000		0.000		0.000		"0" cap=90 mg
	0.000	0.000		0.000		0.000		"00" cap=120 mg
	0.000	0.000		0.000		0.000		"000" cap=160 mg
ENTER Name, Ingredients				0.200		1.000		
ENTER #1, Any Filler?, #2, #3, #4 and adjust	Ingredients g	Filler g	g/dose	#4 CAPS/DOSE	mg/cap	#3 CAP mg >	0.120	dose g inc caps
BOTTLE#	0.200	0.000	0.200	1	0.200	cap g/d >	0.120	0.320

The results produced are (in turquoise):

- Individual ingredient amounts per capsule
- The ingredients amounts to mix
- The number of day and how many capsules the mix will make
- Ingredients weight per capsule
- Ingredients weight per dose of capsules

Using the calculated information, it's a simple matter to weigh out the various ingredients, combine them, and encapsulate the mixture.

You adjust **#1 DOSE** for each ingredient you want to include. Use the recommended dose of each ingredient on its label, or use more or less, depending.

The ingredients total shown is simply a number,
NOT necessarily the amount you might want to take at a time.

It could be your ideal dose, but only if you specify the ingredient amounts that way. Remember, when taken together, supplements are often more potent than when taken individually, so set dosing accordingly. When a full stack dose is set to produce multiple capsules, it's best to start taking only one or two capsules and then use more only if you don't get the results you want. Less is often better!

Adjust **#2 GRAMS to MIX** to get to the number of capsules desired. Adjust **#4 CAPSULES/DOSE** to get somewhere close to the amount of mix your chosen capsule size will accommodate. I found by trial and error that a '0' capsule holds max ~500 mg, a '00' capsule ~850 mg, a '000' ~1.2 g. Remember those maximums are for a very compressible mixture, which isn't always the case. You might want to make one capsule manually to check the typical filled weight of your mixture, as mixtures vary. Then adjust the **#4 CAPS/DOSE** to produce that mg/cap amount.

CAPSULE / POWDER CALCULATOR		CARDIO / NEURO PROTECT						
INGREDIENTS	#1 DOSE	Any filler?		Per Cap		Amt to Use	58	< #2 GRAMS to MIX
ULTRACUR	0.600	0.000		0.150		14.410		Enough For
OLIVE EXTRACT	0.400	0.000		0.100		9.607		24 days
HYDROXYTYROSOL	0.015	0.000		0.004		0.360		...AND WILL MAKE
TRANS-RESVERATROL	0.150	0.000		0.038		3.602		96 caps
CINNAMON	1.250	0.000		0.313		30.021		
	0.000	0.000		0.000		0.000		Typical CAP Weights
	0.000	0.000		0.000		0.000		"0" cap=90 mg
	0.000	0.000		0.000		0.000		"00" cap=120 mg
	0.000	0.000		0.000		0.000		"000" cap=160 mg
ENTER Name, Ingredients				0.604		58.000		
ENTER #1, Any Filler?, #2, & adjust #3, #4	Ingredients g	Filler g	g/dose	#4 CAPS/DOSE	mg/cap	#3 CAP mg >	0.120	dose g inc caps
BOTTLE# 1	2.415	0.000	2.415	4	0.604	cap g/d >	0.480	2.895

Here's an example calculator for my one of my five FOCUS stacks, CARDIO / NEURO PROTECT.

First, **#2 GRAMS to MIX** is adjusted to produce 24 capsules, which is the number my capsule machine makes at a time. By selecting four as the **#4 CAPS/DOSE**, and '00' capsules as the size, the calculated mg/cap is 604 mg, which should just fit in that capsule size. If you chose a "0" capsule size, increase **#4 CAPS/DOSE** to decrease the **mg/cap** amount to 500 mg or less.

**Another part of the solution is being able to easily turn the mixture into capsules.
Here's a fast and fun way to produce what you want.**



You'll need to buy supplements in bulk preferably, but you may need to use some capsules ingredients also and empty them. An accurate milligram scale is essential, and some small cups to weigh ingredients into.



And Last, a capsule making machine makes the job a lot easier. I use "The Capsule Machine". It is available in '0', '00', and '00' sizes, so for '000' capsule size, you'll need to fill by

hand. It's not really hard, since they are rather large capsules, and easy to handle. Personally, I find the larger capsules easier to swallow, strange as that sounds. But your results may vary.

But to continue, once you've assembled the mixture ingredients, a few seconds in the blender breaks any clumps and disperse the ingredients fully. Finally, dump some mixture onto the

capsule machine, spread to fill, pack it down using the supplied tool, spread again and pack until full.



You'll likely find that as you make more capsules, it



is possible force a few more milligrams in each capsule by adding mixture to the small end of the capsule. Packing the mixture is key to get the most mixture per capsule, but it is not always necessary when you need smaller amounts per capsule.



When you have your mixture packed, put the two halves together and press, then separate. Voila, your capsules are ready!



Now this #1 FOCUS stack is ready to join the 4 others I take that give purpose and ease of use to, in my stacks, 36 individual ingredients.

The intervention is complete!



MY STACKS summary

EVERYDAY stack

These EVERYDAY supplements are purchased commercially. Most are of plant origin. I believe substances in or derived from plants are most effective at gently helping cellular metabolism.

I actively incorporate plenty of fresh air to breath and lots of sunshine, plus regular significant exercise. Adding in a flexitarian diet provides all the nutrients I feel I need without using multivitamins. The rationale for my list below is based on what I been able to learn and absorb over the last years through online research and, more recently, on these forums.

Factors that play into my choices are some basic personal facts; I'm in my late 60's, healthy, active. The only health issue I've ever had is BCC skin cancer some years ago. My goal is HEALTHY LONGEVITY. Life is an endurance race, adequate fuel and good maintenance are vital.

Another specific goal is to NOT emulate the dietary and physical choices of a majority of people I experience in life every day. From my perspective most individuals let their body, their health, and their lives be guided by craving or additions that work against health and longevity.

For your considering your own needs, some research will help you decide what is appropriate. After all, the point is to personalize supplements to benefit yourself. You're welcome to use anything here as a guide, rather than a recommendation.

Rather than detailing each supplement I use and why, I urge you to determine for yourself what you might want to include on your own EVERYDAY list. In my case, this and all other stacks I use are always in a fluid state. Since a lot of 'effects' of supplements are preventative, the lack of effects means some ingredients are included 'because'. Admittedly, not very scientific, but at this stage of research, the ultimate benefits of many substances are yet to be determined. In short, we live in exciting times - lots of promise, less guaranteed proof.

**These ingredients may not help you - they are only suggestions!
Remember - your health is your journey, and yours alone!**

010 EVERYDAY stack of Core Supplements

Breakfast: Beta-Analine 600 mg, EnduraQ 100 mg (isoQuercetin), Niagen 250 mg, Pterostilbene 50 mg, Lutein 20 mg, Apigenin 50 mg, CarotenALL (Vit A, Lutein, Zeaxanthin, Lycopene, Astaxanthin), Vitamin C/Bioflavonoids 500 mg/500 mg, Astaxanthin 4 mg, Pqq 20 mg, D-Limonene 1 g, and Vitamin D3 1000IU, Pumpkin seed oil 1 g, Flax oil complex 1 g, Fish oil 5 mL.

Dinner: Pine Bark extract 400 mg, Pumpkin seed oil 1g, flax oil complex 2g, L-Glutathione 250mg, Bilberry Extract 325mg, Hi-Actives Tart Cherry 465 mg, Garlic/Capsaicin 300 mg/300 mg, Ionized Trace Minerals 15 mL

Bedtime: Melatonin 1 mg, IP-6 800 mg, Inositol 220 mg, Type 1,2,3 Collagen 5 g.

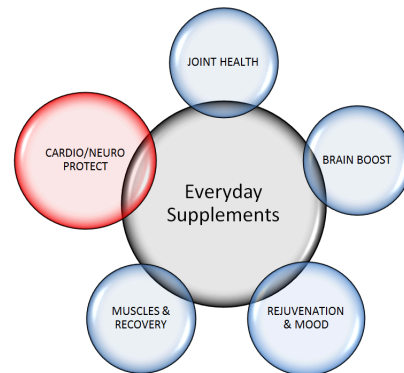
FOCUS stack summaries

🕒 FOCUS stack for **CARDIO / NEURO PROTECT** -

Aims to reduce Blood Pressure, Inflammation, and encourage Neurogenesis

Use this **CARDIO / NEURO PROTECT** stack regularly in addition to everyday supplements. Suggested as a preventative, two capsule, AM and PM at mealtime.

This stack helps me maintain my blood pressure below 'normal' levels, while keeping healthy heart function.

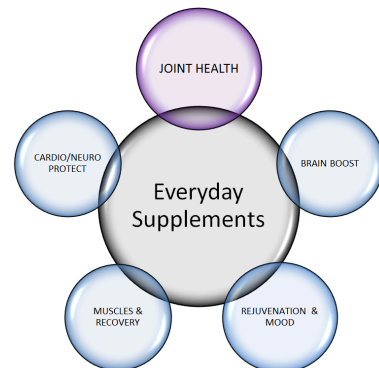


Click [here](#) for stack details and amounts.

🕒 FOCUS stack for **JOINT HEALTH** - Aims to Reduce Pain & Inflammation

Use this **JOINT HEALTH** stack as needed in addition to your everyday supplements. I take this as a preventative, or for noticeable muscle/joint issues. One or more capsules a day. .

This stack helps to alleviate the everyday aches and pains, as well as any athletic induced inflammation and/or heal injury.

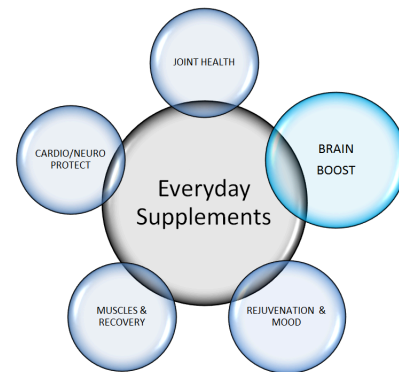


Click [here](#) for stack details and amounts. .

🕒 FOCUS stack for **BRAIN BOOST - Aims to Increase Cognition, Mood, Attention, and Memory**

Use this **BRAIN BOOST** stack sparingly in addition to your everyday supplements. Take occasionally, one or two capsules for times when you need enhanced brain function.

This stack is intended to sharpen brain metabolism, improve overall mood, and minimize any age-related mental deficits.

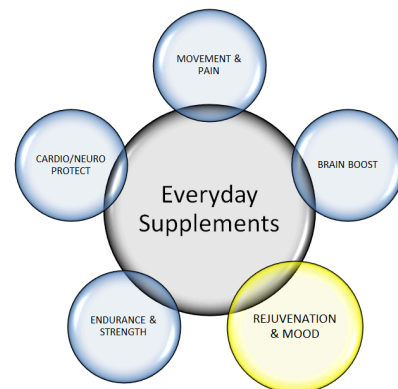


Click [here](#) for stack details and amounts.

🕒 FOCUS stack for **REJUVENATION & MOOD - Aims to Improve Sleep, Mood, Neurogenesis**

Use this **REJUVENATION & MOOD** stack regularly in addition to your everyday supplements. Take this as a preventative, two to four capsules before bed. May work best with a hot, non caffeinated beverage, like ginger tea, for better dissolution in the stomach.

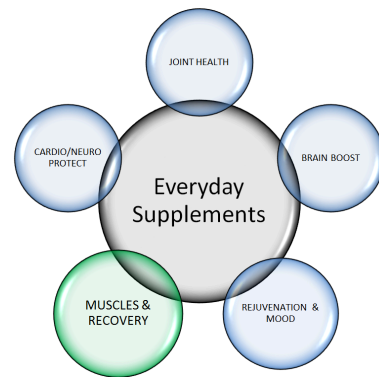
This stack is aimed at bringing the body into homeostasis and encourage healing during the rest portion of the day.



Click [here](#) for stack details and amounts.

🕒 **FOCUS stack for **MUSCLES & RECOVERY** - Aims to enhance Endurance, Strength, and Recovery**

Use this **MUSCLES & RECOVERY** stack in addition to your everyday supplements. Take 30 minutes before heading out to exercise, two to five capsules, depending on the severity of the exercise planned. I take 50mg ActiGin, and 300mg Alpha-GPC at the same time. When I'm finished exercise for the day, I take 3 g creatine with lots of water.



This stack brings together the necessary substances to encourage full muscle strength and endurance. Combined with some anti-inflammatory and wellbeing enhancements, it seems to benefit my lifestyle, when used on a sliding scale of exercise intensity.

[Click here](#) for stack details and amounts.