

DAILY STACK

Seven supplements, what each one is for, and when to take it. Current as of September 2026.

DAILY SCHEDULE

MORNING

With a breakfast that has fat

Omega-3

Vitamin D3 5000 IU

K2 MK-7 90 mcg

B-Right

Ubiquinol + PQQ

ANY TIME

Same time each day
helps

Creatine 5 g

EVENING

One to two hours before bed

Magnesium Threonate 144 mg

FOOD BASE

Steak, chicken, eggs, cheese, and milk, with plenty of fruits and vegetables. That plate already delivers protein, zinc, B12, iron, and calcium, which is why the stack stays short and targets what food covers least: omega-3, vitamin D, K2, and magnesium.

GROUND RULES

FAT WITH FAT

Omega-3, D3, K2, and ubiquinol are fat soluble. Take them with the meal, never on an empty stomach.

CONSISTENCY WINS

Creatine and magnesium work by saturation. Daily for weeks beats perfect timing for days.

TEST, DO NOT GUESS

A 25-OH vitamin D blood test once or twice a year confirms whether 5000 IU is the right dose.

KEEP IT LEAN

Review the stack every six months. Anything without a clear reason to stay gets cut.

01 Omega-3 fish oil

PER LABEL SERVING

Nordic Naturals Ultimate Omega

WHY EPA and DHA for heart health, triglycerides, brain function, and recovery from training.

WHEN With a meal that contains fat. Absorption drops sharply on an empty stomach.

02 Vitamin D3

DAILY

5000 IU (125 mcg)

WHY Bone strength, immune function, muscle performance, and healthy testosterone signaling.

WHEN With the same fat-containing meal as the omega-3. Pair with K2.

NOTE 5000 IU sits above the 4000 IU daily upper limit NIH sets for adults, so a 25-OH vitamin D blood test once or twice a year is the way to confirm the dose fits.

03 Vitamin K2

DAILY, WITH D3

Jarrow MK-7, 90 mcg

WHY Activates the proteins that move calcium into bone and keep it out of arteries. The natural partner to a higher D3 dose.

WHEN Same meal as D3. Fat soluble.

NOTE K2 interferes with warfarin and similar blood thinners.

04 Magnesium Threonate

DAILY

144 mg elemental magnesium

WHY The form of magnesium studied for crossing into the brain: sleep quality, focus, and calm.

WHEN Evening, one to two hours before bed.

NOTE 144 mg of elemental magnesium is a modest dose. It is a brain and sleep supplement more than a way to hit total magnesium intake, which food (greens, nuts, beans) still has to cover.

05 Creatine monohydrate

DAILY, EVERY DAY

5 g

WHY The most proven strength supplement there is: more power and volume on heavy lifts, more lean mass over time, with growing evidence for cognition.

WHEN Any time of day. Consistency matters, timing does not. Drink plenty of water.

06 B-complex

PER LABEL SERVING

Jarrow B-Right

WHY Methylated B vitamins for energy metabolism, nervous system function, and homocysteine control.

WHEN Morning, with food. Bright yellow urine afterward is excess riboflavin and is harmless.

07 Ubiquinol + PQQ

DAILY

Jarrow QH-Absorb 100 mg + PQQ 10 mg

WHY Ubiquinol is the active form of CoQ10 and feeds mitochondrial energy production. PQQ supports the growth of new mitochondria.

WHEN Morning, with a fat-containing meal.

NOTE Kept as insurance. Evidence is strongest for people on statins and for older adults, so for a healthy adult under 40 this one is optional.

Personal reference, not medical advice. Doses reflect one person's regimen. Check with a doctor or pharmacist before copying it, especially with any prescription medication, a kidney condition, or blood thinners.