

THE STARTER STACK

5 Supplements You Actually Need

A field guide from THE PROTOCOL

1. CREATINE MONOHYDRATE

Dose: 3-5g daily, no loading phase

Why: Cellular energy buffer. Supports ATP replenishment in brain and muscle. One of the most studied compounds in sports science.

Form: Monohydrate only. Skip HCl and ethyl ester.

2. MAGNESIUM (Glycinate or Threonate)

Dose: 200-400mg elemental magnesium daily

Why: Cofactor in 300+ enzymatic reactions. Nearly half of adults are deficient.

Form: Glycinate for general use and sleep.

Threonate for cognitive function. Avoid oxide.

3. VITAMIN D3 + K2

Dose: 2,000-5,000 IU D3 + 100-200mcg K2 (MK-7)

Why: D3 regulates 1,000+ genes. K2 directs calcium to bones, not arteries. They work as a system. Take with fat-containing meal.

Target: 40-60 ng/mL blood level.

4. OMEGA-3 (EPA/DHA)

Dose: 2-3g combined EPA/DHA daily

Why: Anti-inflammatory baseline. Modern diets have omega-6:omega-3 ratios of 15:1 vs the evolutionary 2:1. Triglyceride form absorbs best. Store refrigerated to prevent oxidation.

5. COLLAGEN PEPTIDES

Dose: 10-15g daily, hydrolyzed

Why: Most abundant protein in the body. Production declines ~1% per year after 25. Supports skin, tendons, joints, and bone. Take with vitamin C.

PROTOCOL NOTES

- Start with #1-3. Add #4-5 after a month.
- Consistency matters more than timing.
- Get blood work: 25(OH)D, magnesium RBC, Omega-3 Index.
- These are maintenance compounds, not medications.
- Consult your physician before starting any supplement.