

## THE ENERGY STACK

This guide is for men who are tired of dragging themselves through the day.

No gimmicks. No magic pills. Just proven, sustainable steps to rebuild energy from the inside out - so you can lead, train, and live with strength.

Let's fix the leaks, build the base, and stack up.

### STEP 1: FIX THE ENERGY LEAKS

Before you add more - patch the holes:

- **Poor Sleep**: Prioritise 7-9 hours. Use blackout curtains. Cut screens 1 hour before bed.
- **Alcohol**: Even small amounts ruin deep sleep and tank recovery.
- **Ultra-Processed Food**: Blood sugar spikes = energy crashes.
- **No Movement**: Inactivity creates inflammation and brain fog.
- **Toxic Stress**: Long-term stress wrecks testosterone, recovery, and mood.

Patch those first. Or nothing else will work for long.

### STEP 2: BUILD THE FOUNDATION

This is your non-negotiable daily base:

- **Hydration**: 2-3L water daily, start your day with electrolytes
- **Movement**: Walk, train, or stretch every day - motion drives energy
- **Food**: Every meal should contain protein, fat, and fibre
- **Sunlight**: Morning light resets your sleep-wake cycle and energy levels
- **Sleep**: Protect your evening routine like your life depends on it (because it does)

Energy doesn't come from caffeine. It comes from *rhythm*.

## STEP 3: THE SUPPLEMENT STACK

Here's a smart stack for men over 40 looking to level up:

### **Daily Core**

- **Magnesium Glycinate** - Aids sleep, recovery, and stress regulation
- **Vitamin D3** (2000 IU) - Essential for immune function and testosterone
- **Omega-3 Fish Oil** - Brain health, joint support, and inflammation control
- **Creatine Monohydrate** (3-5g daily) - Muscle, strength, and cognitive boost
- **Electrolytes** (LMNT-style) - Replaces minerals lost through sweat or fasting

### **Optional Extras**

- **Zinc** - Supports immune health and hormone production
- **Ashwagandha** - Helps manage cortisol and daily stress

- **Probiotics** - Gut health is energy health

Note: Always consult with your doctor before starting any new supplement.

## STEP 4: YOUR DAILY STACK PLAN

### **Morning (Fast or Fed)**

- Water + Electrolytes
- Vitamin D
- Magnesium (if physically demanding day ahead)
- Creatine (pre or post-workout)

### **With First Meal**

- Animal Pak or Multivitamin
- Omega-3
- Probiotics

### **Evening Wind Down**

- Magnesium Glycinate
- Herbal tea or ashwagandha if needed

Track how you feel over 7-10 days. Energy, focus, and drive should noticeably improve.

## FINAL NOTE

There is no shortcut - but there is a system.

Stack it right. Live it daily.

Brick Dust & Barbells is built on strength, clarity, and consistency.

Let's raise the standard.