JORGE TALKS PEPS

My Daily Supplement Stack

Everything I take outside the peps: the foundation most people can use, how I hit my protein, and the hair and hormone pieces that are specific to me.

BLOOD WORK FIRST

FOUNDATION FOUR

PROTEIN

HAIR + HORMONES



Jorge Abreu, 44. Not a doctor. My personal stack plus an honest read of the evidence.

Start with blood work

Test. Do not guess.

Before I add anything, I want to know what I am actually low in. A basic panel tells you whether you even need half of what is on this list.

WHAT I ASK TO HAVE CHECKED

- **Vitamin D** (25 OH D). Most people I know are low.
- **B12 and folate**
- **Iron and ferritin**
- **Magnesium** (RBC magnesium if you can)
- **Omega 3 index**
- **Hormone panel:** total and free testosterone, estradiol (E2), SHBG, DHEA S
- **Basics:** CMP, CBC, lipids, A1c, thyroid (TSH)

At home blood testing with SiPhox. Collect your sample at home and mail it back. Check the selected panel for included markers; it may not cover every lab listed above. Affiliate link, I may earn a commission.

EXPLORE SIPHOX AT HOME TESTS →

Retest in about 3 months after you change anything, so you know what is working.

The basics most people can use

1 Omega 3 fish oil

STRONG

EPA and DHA for heart, brain and joints. Most diets are low.

> **How I take it:** With a meal that has some fat.

What I buy: Nordic Naturals Ultimate Omega 2X

SHOP ON AMAZON →

2 Magnesium glycinate

MODERATE

Involved in hundreds of processes, from muscle to sleep. Glycinate is gentle on the stomach.

> **How I take it:** At night. It helps me wind down.

What I buy: Pure Encapsulations Magnesium Glycinate

SHOP ON AMAZON →

3 Vitamin D3 + K2

STRONG IF LOW

D for bones, immunity and hormones. K2 helps direct calcium to bone.

> **How I take it:** Liquid drops in the morning with food. Dose based on my labs.

What I buy: Thorne Vitamin D + K2 Liquid

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4 Creatine monohydrate

STRONG

The most researched supplement in sports: strength, muscle, and early data on brain health.

> **How I take it:** About 10 g a day, every day. 3 to 5 g is the standard amount; I go higher.

What I buy: Thorne Creatine

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How I hit my protein every day

Peps or not, protein is what keeps the muscle while the fat comes off. I aim for roughly 1 g per pound of goal body weight. Food first, then these fill the gap.

5 Whey isolate powder

STRONG

Fast, clean, mixes easy.

> **How I take it:** Post workout or when a meal comes up short.

What I buy: Dymatize ISO100

SHOP ON AMAZON →

6 Ready to drink shakes

CONVENIENCE

Zero prep. I keep them in the car and the fridge.

> **How I take it:** Between meetings.

What I buy: Fairlife protein shakes

SHOP ON AMAZON →

7 Performance shake

CONVENIENCE

30 g protein, tastes like dessert.

> **How I take it:** When I want something sweet.

What I buy: Dymatize 30 g shake

SHOP ON AMAZON →

8 Protein bars

CONVENIENCE

28 g protein, low sugar.

> **How I take it:** Travel and late afternoons.

What I buy: David protein bars

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TRAINING EXTRAS I USE

- Electrolytes on heavy sweat days: Venture Pal electrolytes
- Pre workout before lifting: Antidote clean pre workout

Hair and hormones

These are here because of **my** labs and goals. They are not for everyone. Do not copy this page without talking to your doctor.

HAIR

9 Hair growth supplement

EARLY HUMAN

Nutraceutical blend aimed at thicker, stronger hair.

How I take it: Daily, with food.

What I buy: Nutrafol Men

SHOP ON AMAZON →

Finasteride + minoxidil

STRONG

The two best studied hair loss treatments. I use a topical blend from Hims.

Prescription only. This goes through a doctor, not Amazon. Ask about side effects.

HORMONES

10 DIM

EARLY HUMAN

From broccoli family veggies. Researched for estrogen metabolism.

How I take it: Daily, based on my estradiol numbers.

What I buy: DIM 300 mg

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11 DHEA

MODERATE IF LOW

A hormone precursor that drops with age. It can raise testosterone and estrogen, so it is not a casual add.

How I take it: Low dose, and I retest to keep my numbers in range.

What I buy: Life Extension DHEA 25 mg

SHOP ON AMAZON →

QUESTIONS TO ASK YOUR DOCTOR

- Do my labs show I actually need this?
- Does it interact with anything I take?
- When should we retest?

How it fits with the peps

Peps get the attention, but this is the base everything sits on. Labs, protein, creatine, the foundation four. Then the targeted stuff. Then peps on top. At 44 that combo has me looking and feeling like I am in my twenties.

MY DAILY ROUTINE	
MORNING	D3 + K2, omega 3, DIM, DHEA, hair supplement, creatine in a shake
TRAINING	Pre workout before lifting, electrolytes on heavy sweat days
ALL DAY	Shakes and bars to hit my protein number
NIGHT	Magnesium glycinate

Want to see the pep side? Build yours with the free Stack Builder at jorgetalkspeps.com/stack-builder.

Education and my personal experience, not medical advice. Supplements can interact with medications and conditions. Get labs and talk to your doctor before you start anything, especially anything that touches hormones. As an Amazon Associate I earn from qualifying purchases. Links in this guide are affiliate links; buying through them costs you nothing extra and supports my content.

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"I share everything I do, the wins and the misses, so you do not have to guess."

JORGE ABREU



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