

THE ESSENTIAL SUPPLEMENT BLUEPRINT

The Foundational Health Stack for Energy, Performance & Longevity



by Victor Perez

WHO I AM

Growing up, I was always the smallest, skinniest kid in my class. Bullied for it through every year of school.

All I wanted was to be a footballer. At 14 my family moved to Turkey. That is where it took off. I made the B team of one of the biggest clubs in the country.

Then I got injured. It was over.

What came next was the darkest stretch of my life. A year of depression. Then Portugal for university. I dropped out after two years.



Parties, alcohol, drugs. Football was gone and I had no idea who I was without it.

I started an events business. Made money. Felt nothing.

That is when I decided something had to change. I started with my body. If I could fix that, the rest would follow.

And it did.

Discipline came back. Confidence came back. I felt like me again.

The gym is what pulled me out. Every session was proof I could still build something.

Body first. Everything else after.

That is why I coach.

Most people I work with look in the mirror and do not recognise the person looking back. They have tried before. Nothing stuck. Because nothing was ever built around their actual life.

That is the gap I fill.

Four years in person. Two online. Over 100 people in the best shape of their lives. No BS. No living in the gym. Just the simplest, most effective way to train and eat - built around your schedule.

— Victor

WHAT THIS BLUEPRINT INCLUDES

This is not a random supplement list. It is a structured framework you can actually implement, built around evidence, not trends.

Inside, you will find:

- The Core 6 Foundational Supplements
- Clinically Effective Dosing Ranges
- Preferred, Bioavailable Forms
- Timing & Stacking Guidance
- Advanced Add-Ons (Goal-Dependent)
- Lifestyle Foundations That Move the Needle

Built to remove confusion.

Designed to create clarity.

Structured for real-world results.

THE TRUTH ABOUT SUPPLEMENTS

Most people do not have a supplement strategy.

They have a supplement collection.

Bought because it was trending. Copied from someone online.

Stacked without understanding dose, timing, or necessity.

The result? Noise. Not outcomes.

Supplements support.

They do not replace sleep, food, protein or training.

The right stack fills gaps.

Energy, hormones, recovery, cognition — all supported.

Order matters.

Correct deficiencies first. Build foundations. Then perform.

SECTION 01

THE CORE 6

FOUNDATIONAL SUPPLEMENTS

THE CORE 6

Your foundational supplement stack. Evidence-based. Broadly applicable.

01 MULTIVITAMIN / MINERAL

Micronutrient coverage. Closes dietary gaps. Supports energy and immune function.

02 MAGNESIUM GLYCINATE

Sleep quality, stress regulation, muscle recovery and cellular energy production.

03 VITAMIN D3 + K2

Immune resilience, bone density, hormonal signaling and mood regulation.

04 OMEGA-3 (EPA + DHA)

Cardiovascular health, inflammation control, brain function and joint support.

05 CREATINE MONOHYDRATE

Strength, power, lean muscle, cognitive performance and cellular energy.

06 ZINC

Testosterone support, immune function, recovery, digestion and tissue repair.

MULTIVITAMIN & MINERAL

Foundational micronutrient coverage.

WHAT IT IS

A blend of essential vitamins and minerals. Not a performance enhancer - a coverage tool. Even structured diets leave gaps. Modern food processing and restricted eating make consistent micronutrient intake harder than most realise.

WHY YOU NEED IT

- Closes common nutritional gaps
- Supports immune resilience
- Maintains cellular energy production
- Supports hormonal signaling

DOSAGE

1–2 capsules daily

BEST TIME TO TAKE

Morning with food

WHAT TO LOOK FOR

Methylfolate (not folic acid). Methylcobalamin B12. Magnesium glycinate or malate, not oxide. Zinc picolinate. Avoid gummy vitamins, poor bioavailability.

MAGNESIUM GLYCINATE

Sleep. Recovery. Nervous system regulation.

WHAT IT IS

An essential mineral involved in over 300 enzymatic reactions. Most people are chronically under-consuming it. Processed diets, high stress and intense training all deplete magnesium. Glycinate is the most bioavailable and stomach-friendly form.

WHY YOU NEED IT

- Deeper, higher-quality sleep
- Reduced stress and anxiety
- Less muscle tension and cramping
- Improved training recovery

DOSAGE

300–400mg elemental

BEST TIME TO TAKE

Evening, 30–60 min before bed

WHAT TO LOOK FOR

Magnesium Glycinate or Bisglycinate. Avoid Magnesium Oxide, low absorption and high GI discomfort. Check elemental magnesium, not total capsule weight.

VITAMIN D3 + K2

Immunity. Bones. Mood. Hormonal health.

WHAT IT IS

D3 is a fat-soluble hormone precursor regulating immune function, bone metabolism and hormonal signaling. K2 works synergistically, directing calcium to bones, not arteries. Deficiency is widespread and largely undetected.

WHY YOU NEED IT

- Stronger immune system
- Improved mood and reduced fatigue
- Better bone density
- Supports healthy testosterone

DOSAGE

D3: 2,000–4,000 IU / K2: 100mcg

BEST TIME TO TAKE

Morning with a fat-containing meal

WHAT TO LOOK FOR

D3 as cholecalciferol. K2 as MK-7. Always take with dietary fat. Consider testing 25-OH vitamin D annually for precise dosing.

OMEGA-3 (EPA + DHA)

Heart. Brain. Joints. Inflammation.

WHAT IT IS

Essential structural fats your body cannot produce. Modern diets are chronically low in EPA and DHA while high in omega-6, creating a pro-inflammatory imbalance at the cellular level. Correcting this ratio has widespread physiological benefit.

WHY YOU NEED IT

- Improved cardiovascular health
- Reduced systemic inflammation
- Better brain function and clarity
- Healthier joints, skin and hair

DOSAGE

1–3g combined EPA + DHA

BEST TIME TO TAKE

With a fat-containing meal

WHAT TO LOOK FOR

Check actual EPA + DHA content, not total fish oil. Third-party tested (IFOS certified). Krill oil is a valid alternative. Refrigerate after opening.

CREATINE MONOHYDRATE

Strength. Power. Cognition. Cellular energy.

WHAT IT IS

One of the most researched supplements in history. Replenishes ATP, the body primary energy currency. Drives muscular contraction, cognitive performance and neurological resilience. Not just for athletes. It is performance infrastructure.

WHY YOU NEED IT

- Increased strength and power
- Improved lean muscle retention
- Enhanced cognitive function
- Reduced mental and physical fatigue

DOSAGE

5–10g daily

BEST TIME TO TAKE

Any time, consistency matters most

WHAT TO LOOK FOR

Creatine Monohydrate only. No evidence supports modified forms being superior. Most studied, most bioavailable, most cost-effective. Simple is effective.

ZINC

Testosterone. Recovery. Digestion. Immunity.

WHAT IT IS

A trace mineral involved in hundreds of enzymatic reactions. Commonly depleted in people who train frequently through sweat loss. Suboptimal zinc affects hormonal output, immune function and recovery, often without obvious symptoms.

WHY YOU NEED IT

- Supports healthy testosterone
- Faster recovery and tissue repair
- Stronger immune function
- Improved digestion and gut health

DOSAGE

15–30mg daily

BEST TIME TO TAKE

Evening on an empty stomach

WHAT TO LOOK FOR

Zinc Bisglycinate or Picolinate. Avoid Zinc Oxide. Do not exceed 40mg daily, higher doses interfere with copper. Consider copper pairing for long-term supplementation.

SECTION 02

TIMING & STACKING

STRATEGY & OPTIMIZATION

TIMING & STACKING GUIDE

Structure creates consistency. Consistency creates results.

MORNING	MIDDAY	EVENING
Multivitamin With breakfast	Magnesium 100mg (optional split dose)	Magnesium 200mg (preferred) or 100mg if split
Vitamin D3 + K2 With dietary fat		Zinc Empty stomach
Omega-3 With dietary fat		
Creatine Timing flexible		

QUICK REFERENCE

SUPPLEMENT	DOSE	TIMING	WITH FOOD
Multivitamin	1–2 caps	Morning	Yes
Magnesium Glycinate	300–400mg	Evening	Yes
Vitamin D3 + K2	2–4K IU + 100mcg	Morning	Yes (fat)
Omega-3	1–3g EPA+DHA	With meal	Yes
Creatine	5–10g	Any time	Optional
Zinc	15–30mg	Evening	No

SECTION 03

ADVANCED ADD-ONS

GOAL-DEPENDENT UPGRADES

ADVANCED ADD-ONS

Optional. Strategic. Goal-dependent. Layer on top of the Core 6.

COQ10

100–300mg daily

Mitochondrial energy and cardiovascular efficiency. Most relevant for individuals over 35, those on statins, or anyone with elevated oxidative stress.

COLLAGEN + VITAMIN C

10–20g daily

Joint integrity, tendon resilience, skin elasticity and connective tissue recovery. Pair with Vitamin C. Best for high training volume or joint discomfort.

TAURINE

1–3g daily

Blood pressure regulation, electrolyte balance and cardiovascular function. A longevity-aligned amino acid with consistent evidence and a strong safety profile.

GLYCINE

3–5g daily

Collagen synthesis, sleep quality and nervous system regulation. Take 3g before bed. Mildly sweet, mixes easily with water.

CAROTENOIDS

Astaxanthin 6–12mg / Lutein 10–20mg

Eye health, skin photoprotection and lipid oxidation balance. Best for high screen exposure or cardiovascular longevity focus.

SECTION 04

LIFESTYLE FOUNDATIONS

THE NON-NEGOTIABLES

LIFESTYLE FOUNDATIONS

Supplements amplify. They do not replace. Optimise behavior first.

SLEEP

7–9 hours. Consistent schedule.

No supplement compensates for chronic sleep deprivation.

Sleep drives hormones, recovery and cognition.

PROTEIN

0.7–1g per lb bodyweight

Without sufficient protein, recovery declines and muscle retention suffers. Non-negotiable.

HYDRATION

30–40ml per kg bodyweight

Hydration influences performance, blood pressure, recovery and energy. Increase with training.

SUNLIGHT & MOVEMENT

Daily light. Daily movement.

Circadian rhythm regulates hormones, mood and metabolic health. Modern indoor living disrupts this.

STRESS REGULATION

Breathing. Boundaries. Smart training load.

Chronic stress elevates cortisol and disrupts recovery. No supplement offsets unmanaged stress.

THE ORDER:

● Stabilise lifestyle ● Correct deficiencies ● Layer performance ● Maintain consistency

REAL RESULTS

What happens when you stop guessing and follow a real plan.



READY TO TAKE THIS FURTHER?

INFORMATION DOES NOT CHANGE YOUR BODY.

Execution does.

If you want your training, nutrition and supplementation built around your body, your life and your goals, that is what 1-on-1 coaching is for.

WHAT CHANGES

- The version of you that you have been promising yourself for years
 - Proud and confident in the body you live in
 - Energy that lasts from the morning meeting to bedtime stories
- The discipline that spills into your work, your relationships, everything
 - Being the example your kids actually look up to

WHAT YOU GET

- Personalised training plan
- Nutrition strategy built for your lifestyle
 - Weekly check-ins and adjustments
- Direct access to me every step of the way

APPLY FOR COACHING

Or DM "COACH" on Instagram - @victorhugoperez