

The Core 4

Your Science-Based Non-Negotiable Supplement Stack for Peak Performance

START WITH THE BASICS.



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About me

I am Stefania Lanfranchi, Certified Health Coach and Longevity & Nutrition Strategist.

Before this, I spent ten years in management consulting. I know the 6am flights and the back-to-back calendars from the inside. I also watched brilliant colleagues trade their health for the next promotion. I saw the price up close and decided not to pay it. That is why I do this work.

My method has five pillars: nutrition and supplementation, movement, sleep and recovery, mindset, and social connection. I build them into 10 to 15 minutes of habit change per day. No lifestyle overhaul. Clients feel the difference within the first days.

This guide answers the question I get most often about the first pillar: which supplements are worth your money. In my experience, four. Everything else is optional.

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♦ Introduction

You're busy. You make decisions fast.

But the world of supplements?
Overwhelming. Confusing. Full of contradictions.

Improving your energy, performance, and long-term health doesn't require 20 supplements or endless research.

Start with the basics.

These **four supplements** represent the non-negotiable foundation, backed by extensive research and designed to address the most common deficiencies that limit energy, focus, and long-term health. They require no testing, work universally, and provide measurable improvements in daily performance.

These fundamentals help build your baseline. Once you're ready to create change, **I'll guide you through a 30-day, personalised protocol** designed to boost your energy, sharpen your focus, and strengthen your resilience across five proven pillars: **nutrition and supplementation, movement, recovery, mindset, and social connection.**

✦ SUMMARY: DAILY SUPPLEMENT ROUTINE

Supplement	Dose	Best timing	With food?	Recommended supplier
Omega-3	1,500–2,500 mg EPA + DHA	Morning or lunch	Yes, with high quality fat source	Zinzino
Vitamin D3 + K2	2,000–4,000 IU + 100 mcg (Summer - more in Winter)	Morning or lunch	Yes, with high quality fat source	Nextvital (use code “niaageswell for a discount)
Creatine	3–5 g	Anytime	Optional	Sunday Natural (use code “CHTAN51707”)
Magnesium (multi-form complex)	200 mg AM + 200–400 mg PM (or full dose PM)	AM + PM (or evening only if easier)	Optional	Nextvital (use code “niaageswell for a discount)

◆ THE CORE 4 SUPPLEMENTS

1. OMEGA-3 (EPA + DHA)

Supports: Brain power, focus, inflammation control, cardiovascular health, longevity

Omega-3 fatty acids EPA and DHA are essential building blocks of cognitive performance and inflammation control. Most people, especially high performers with demanding cognitive loads, fall well short. US adults average about 90mg EPA+DHA per day from food, far below the 500mg minimum recommended by ISSFAL and GOED.



Recommended Form:

Fish oil or algae oil (vegan option).

NOTE: NOT alpha-linolenic acid (ALA) from flaxseed oil, hemp oil, chia oil, or walnut oil

Why EPA+DHA, not ALA?

Human conversion of ALA is limited: roughly 8% to EPA and 0 to 4% to DHA in men, and NIH puts overall conversion under 15%. ALA supplements have little effect on blood DHA levels, whereas consumption of preformed EPA and DHA is effective.

Fish Oil vs Algae Oil:

Fish oil: Higher EPA content, more cost-effective, extensive research base

- Quality matters: Choose molecularly distilled oils from small fish (anchovies, sardines, mackerel)
- High-quality fish oils tested are well within accepted contaminant standards, with most containing no detectable mercury and only trace PCBs (chemicals)

Algae oil: Vegan-friendly, naturally free from ocean pollutants, higher in DHA

- Ideal if avoiding animal products or highly contaminated regions (microplastic, heavy metals)

Preferred Ratio: EPA to DHA approximately 2:1 (though individual needs vary)

Dose: 1,500–2,500mg EPA + DHA combined daily, 5ml of high-quality fish oil typically provides ~2,000mg EPA+DHA

Timing: With a fat-containing meal (morning or lunch) to maximize absorption

Recommended Suppliers:

Zinzino

What to verify from your supplier:

- ✓ TOTOX value ≤ 12 (check their Certificate of Analysis)
- ✓ Third-party testing (IFOS 5-star rating ideal)
- ✓ Molecular distillation for purity
- ✓ Small fish source (anchovies, sardines, mackerel, not large predatory fish)
- ✓ Sustainable fishing certifications (Friend of the Sea, MSC)

Performance Benefits:

- ✓ Improved memory and reaction time in trials with healthy young adults
- ✓ May lower inflammatory markers
- ✓ Reduces morning stiffness and joint pain, and modestly reduces muscle soreness after training
- ✓ Lowers the risk of heart attack and coronary events, more so at higher doses
- ✓ Higher blood levels are linked with slower cognitive decline in observational studies

Important Notes:

Critically check your preferred supplier's TOTOX value; at maximum their TOTOX value should be 12 (lower is better; measures oil freshness/oxidation). The industry standard is about ≤ 26 , and surveys found 23 to 50% of retail fish oils above that line

Why it matters: Oxidized omega-3s lose their beneficial properties and may have negative health effects. The TOTOX value provides a quantifiable indication of oxidation byproducts; the lower the number, the fresher and more potent the oil.

Consistency matters more than timing, so if it's easier for you to take it in the evening, then that's also fine

If on blood-thinning medication, consult your physician (omega-3s slightly reduce platelet aggregation)

Store in cool, dark place; refrigerate after opening liquid formulations

2. VITAMIN D3 + K2 (MK-7)

Supports: Immune system, hormone optimization, bone health, mood regulation

Vitamin D functions more like a hormone than a vitamin, acting through a receptor that binds thousands of sites in your genome and regulates several hundred to over a thousand genes. When paired with K2 (MK-7), the combination theoretically optimizes calcium metabolism, though recent clinical evidence shows modest effects primarily in those with existing calcification.



Recommended Form:

D3 (cholecalciferol) + K2 as MK-7 (menaquinone-7)

Why this combination?

- Vitamin D3 (not D2) appears to stimulate type I interferon responses and fortify defenses against viral and bacterial infections
- K2-MK7 has superior bioavailability and longer half-life than other K forms
- D3 stimulates synthesis of calcium-regulatory proteins while K2 activates them

Dose:

- D3: 2,000–4,000 IU daily in Summer months, 4,000–6,000 IU daily in Winter months
- K2 (MK-7): 100–200 mcg daily

Target serum level: 100–150 nmol/L (40–60 ng/mL) via 25(OH)D blood test

Timing:

Morning with a fat-containing meal (aids absorption).

Take with magnesium for synergistic benefits

Recommended Suppliers:

[Nextvital](#) (use code “niaageswell” for a 5% discount)

Performance Benefits:

- ✓ Strengthens immune resilience and modulates inflammatory responses
- ✓ May improve mood and reduce depression symptoms (particularly in those with deficiency and clinical depression)
- ✓ Supports long-term bone health and calcium homeostasis
- ✓ May modestly slow arterial calcification progression in those with high baseline calcification
- ✓ Needed for normal muscle function, and correcting a deficiency modestly improves strength in older adults

Important Notes:

- This oil gives 800 IU D3 and 20 mcg K2 per drop. For the range above, that is 3 to 5 drops daily in summer and 5 to 7 drops daily in winter.
- The label suggests 5 drops every 5 days, because German labels cap a supplement daily dose at 800 IU (BfR 007/2024). Take your drops daily. The BfR advises against large doses spaced days or weeks apart (BfR 31/2025). Above 4,000 IU per day you are at the EFSA upper level, so test your 25(OH)D and go through your doctor.
- If you have very light skin and spend significant time outdoors during summer months (10-30 minutes midday sun exposure), you may produce sufficient vitamin D naturally during that period
- Those with darker skin, living in northern latitudes, or with limited sun exposure year-round will benefit most from supplementation
- People taking blood-thinning medication (warfarin/Coumadin) should consult their physician before taking K2

3. MAGNESIUM (MULTI-FORM COMPLEX)

Supports: Sleep optimization, stress regulation, muscle relaxation, energy production

Magnesium orchestrates your stress response, sleep cycles, and cellular energy (ATP) production. Chronic stress, caffeine, alcohol and processed foods all work against your magnesium status, and about half of adults eat less than the estimated requirement. The human body cannot produce magnesium.



Recommended Form:

A multi-form magnesium complex containing highly bioavailable chelated forms such as bisglycinate, taurate, and malate.

Why a multi-form complex?

Different magnesium forms are thought to favour different pathways: bisglycinate for nervous system relaxation, taurate for cardiovascular function, malate for mitochondrial ATP production. Head-to-head human trials comparing the forms are still missing, so a multi-form complex is a practical way to cover the range and keep tolerability high.

Dose and Timing:

- **AM:** 200 mg
- **PM:** 200–400 mg (higher end on days with elevated stress load)
- **Consistency > timing:** If AM/PM splitting becomes impractical, take the full dose in the evening 1–2 hours before sleep to support parasympathetic activation and sleep quality

Note: Excess magnesium is excreted in individuals with healthy renal function. People with impaired kidney function should seek medical evaluation before supplementing.

Recommended Supplier:

[Nextvital](#) (use code “niaageswell” for a 5% discount)

Performance Benefits:

- ✓ May modestly improve sleep quality and shorten the time it takes to fall asleep
- ✓ Involved in regulating the stress response; supplementation reduced perceived stress in people with low magnesium
- ✓ Relieves neuromuscular tension and enhances recovery
- ✓ Supports mitochondrial ATP production (magnesium is required for all ATP-dependent enzymes)
- ✓ Higher dietary magnesium is associated with lower risk of heart failure, stroke and type 2 diabetes

4. CREATINE MONOHYDRATE

Supports: Brain performance, cellular energy, strength, longevity

Creatine tops up the phosphocreatine stores your muscles and brain use to regenerate ATP. It's one of the most extensively researched performance supplements in the world, with decades of safety data.



Recommended Form:

Creatine monohydrate (with 99%+ purity, minimal contaminants (dicyandiamid <50ppm, dihydrotriazin <3ppm), and pharmaceutical-grade quality control, the Creapure standard)

Dose:

3–5 g daily

Timing:

Anytime (consistency matters more than timing)

Recommended suppliers:

Sunday Natural (use code “CHTAN51707” for a discount)

Performance Benefits:

- ✓ Small improvement in memory in meta-analyses, clearest in older adults
- ✓ Supports muscle strength and faster recovery
- ✓ With resistance training, adds about 1.4 kg more lean mass than placebo in adults over 57
- ✓ May support cognitive function during metabolic stress

◆ General advice

which combinations to avoid

Some general advice on which combinations to avoid:

- Iron within 2 hours of calcium or high-dose magnesium
- Magnesium with very high-dose zinc (over 100 mg)
- Zinc above 50 mg per day without copper
- L-tryptophan or 5-HTP if you take SSRIs, SNRIs or MAOIs

◆ General advice

which combinations are valuable

Some general advice on which combinations are valuable:

- Omega-3 with a high-quality fat source
- Vitamin D3 with a high-quality fat source
- Iron with vitamin C

**Peak performance
doesn't happen by
accident. It's built
through habits,
consistency, and
clarity.**

◆ DISCLAIMER

The content of this e-book is intended for informational purposes only.

If a recommendation, dosage, application, or similar is mentioned in this material, you may trust that great care has been taken to ensure the information reflects the current state of knowledge.

However, **no guarantee or liability can be assumed** for this.

The content of this e-book **does not replace medical advice, diagnosis, or treatment** and must not be used as a basis for independently diagnosing or starting, changing, or discontinuing the treatment of any medical condition.

This is **not a therapy**. It reflects personal experiences from me and my clients.

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WORK MORE WITH ME



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The Core 4 give you a solid baseline. They will not tell you why you wake up unrestored, why your energy drops at 3pm, or why your bloodwork says one thing and your body another. That part is individual. It takes a diagnosis.

Two ways to work with me

1:1 Energy Upgrade Protocol, 30 days A 90-minute assessment, a protocol built around your biology and your calendar, four weekly reviews and WhatsApp support in between. For executives and founders who want this done properly. Book a 45-minute discovery call: stefanialanfranchi.com/45

Energy Reset, 4-week group programme For women with a full calendar who still want their energy back. Four live group calls, one private session, your energy and sleep score before and after. Details and next start date: stefanialanfranchi.com/energyreset

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