

A SABLE + SAND PROTOCOL

The After 35 Protocol

Twelve weeks. Three phases.
Built from the evidence.

Researched. Practical. Honest.

SECTION 01

Before you begin

Ageing after 35 is not a generalised decline. It is a set of specific, measurable biological processes, and each one has a targeted intervention.

What this Protocol is

A twelve week plan in three phases. Foundation (weeks one to four): the baseline supplements and lifestyle anchors that address the most universal changes. Recalibration (weeks five to eight): targeted compounds layered onto a stable foundation, addressing mitochondrial function, cellular repair, and hormonal shifts. Sustain (weeks nine to twelve): build the permanent supplement and lifestyle practice, assess what has changed, and decide what stays.

Who it is for

Adults aged 35 to 55 who have noticed the signs: slower recovery, less energy, visible skin changes, weight that no longer responds to what used to work, joint stiffness that was not there two years ago. People who are not unwell but who feel their body working differently than it did at thirty.

Who it is not for

Anyone under 35 without specific clinical reason. Anyone with an active cancer diagnosis (certain compounds in this Protocol may promote cellular proliferation). Pregnancy and breastfeeding. Anyone on warfarin or blood thinners (vitamin K2 interaction requires clinical supervision). This Protocol is educational and is not a substitute for medical care.

What is included

The full Protocol PDF you are reading. A seven day quick start companion to begin tomorrow morning. A GP conversation letter ready to take to a consultation. A printable symptom tracker. Brand free supplement guidance with the doses the trials actually used.

How long it takes

Twelve weeks. The foundation supplements begin working within two to four weeks. The targeted cellular compounds typically show effects by week six to eight. The full retest at week twelve confirms the shift.

Read it once before you start. Then return to week one and follow the structure week by week.

SECTION 02

The science in one page

Ageing after 35 is not a generalised decline. It is a set of specific, measurable biological processes, and each one has a targeted intervention.

Your body does not deteriorate uniformly after 35. Specific systems decline at specific rates. Collagen synthesis drops roughly 1% per year from the mid thirties. Muscle mass declines 3 to 5% per decade. Mitochondrial efficiency, the ability of your cells to produce energy from food, weakens measurably. And NAD⁺, the coenzyme that sits at the centre of hundreds of metabolic reactions, falls by roughly 50% between the ages of 20 and 50.

These are not vague signs of ageing. They are measurable, testable processes with specific interventions supported by clinical evidence. Collagen peptides at 10g daily have been shown to improve skin elasticity and joint comfort within eight weeks. CoQ10 in its reduced form (ubiquinol) supports the electron transport chain that powers every cell. NMN replenishes NAD⁺ stores, the molecule that fuels sirtuins (the longevity enzymes involved in DNA repair, inflammation regulation, and metabolic efficiency). Creatine monohydrate at 5g daily is one of the most evidence backed supplements for preserving muscle mass and cognitive function after 35.

The problem is not that these interventions do not work. The problem is sequencing. Most people either take nothing, or take everything at once with no way of knowing what is doing what. This Protocol sequences the interventions across twelve weeks: foundation first (the supplements nearly everyone over 35 is deficient in), then targeted compounds (the ones that address specific age related processes), then a sustained practice you can maintain long term.

The approach is the same one used in the best longevity research: measure, intervene, measure again. That is why the tracker and lab tests are included. Supplementation without measurement is guesswork. With measurement, it is a system.

WEEK 1 . PHASE 1

The foundation mineral

This week

A single mineral correction that addresses the most common deficiency in adults over 35. The starting point on which the rest of the Protocol builds.

What you do

- A specific mineral form chosen for absorption and tolerability, not the form most commonly sold.
- Dosing guidance based on the trials, not the label recommendation.
- Timing and pairing advice to maximise absorption.
- What to watch for in the first seven days and how to adjust.

Continued in the full Protocol

The full Protocol contains all twelve weeks plus the supplement card, lab tests, the printable symptom tracker, and the GP conversation letter. The seven day quick start sheet is included so you can begin tomorrow morning.

Available at sableandsand.com/protocols/after-35-protocol. One payment of nineteen pounds. Lifetime updates included.