

A SABLE + SAND PROTOCOL

# The Decades Protocol

A 12 week plan to supplement, move and protect  
your health at every life stage.

*Your body at 50 is not your body at 30. Your strategy should not be either.*

## SECTION 01

# Before you begin

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*Twelve weeks. Three phases. A structured approach to supplementation and lifestyle that respects the fact that your body's needs change with each decade.*

## What this Protocol is

The Foundation phase (weeks one to four) establishes the universal base: the foundational micronutrients with the strongest evidence for women of any age, plus a structural support compound and a baseline blood work request. You build the floor before you add the furniture.

The Recalibration phase (weeks five to eight) layers in decade specific compounds for cellular energy and repair. Interventions based on your individual blood work results personalise every dose. This phase addresses the metabolic and hormonal shifts that differ genuinely between someone in their early 30s and someone approaching 50.

The Sustain phase (weeks nine to twelve) builds your long term system. Lifestyle and movement audits tailored to your decade, a personalised supplement schedule you can maintain for years, and a living reference card that evolves as your biology does.

## Who it is for

Women aged 30 to 55 who want a structured, decade aware plan but feel overwhelmed by conflicting advice about what to take and when. If you sense that your needs at 45 are genuinely different from your needs at 35, but have never had a framework to act on that instinct, this Protocol provides one.

## How long it takes

Twelve weeks. The foundational micronutrients begin working within two to four weeks. The decade specific compounds typically show measurable effects by week six to eight. By week twelve you will have a personalised, decade aware system built from your own data.

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

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*Your body at 50 is not your body at 30. This is not motivational language. It is biochemistry.*

From your mid twenties, collagen synthesis begins its long decline, losing roughly 1% per year. By 40, you have lost 10 to 15% of your skin's structural protein. By 50, the visible and functional consequences are unmistakable: thinner skin, slower wound healing, joint stiffness, reduced gut barrier integrity.

Coenzyme Q10, the electron carrier that powers mitochondrial energy production, follows a similar trajectory. CoQ10 production peaks in your twenties and declines steadily thereafter. By 50, your mitochondria are running on roughly half the CoQ10 they had at 20. The subjective experience is familiar: less energy, slower recovery, reduced exercise tolerance.

NAD<sup>+</sup>, the coenzyme required for over 500 enzymatic reactions including DNA repair and sirtuin activation, declines approximately 50% between ages 40 and 60. This is not a fringe claim; it is one of the most consistently replicated findings in ageing research. The decline in NAD<sup>+</sup> is associated with reduced cellular repair capacity, increased inflammation, and the metabolic dysfunction that characterises biological ageing.

Oestrogen, which protects cardiovascular function, bone density, and cognitive performance, begins its erratic decline in the late 30s to early 40s (perimenopause) and withdraws substantially by the early 50s (menopause). The downstream effects touch every system: accelerated bone resorption, rising cardiovascular risk, altered lipid profiles, disrupted sleep architecture.

The implication is clear: a supplement strategy that ignores your decade is not conservative. It is negligent. The highest value interventions at 35 (stress resilience, metabolic flexibility, foundational micronutrients) are genuinely different from those at 50 (mitochondrial support, bone preservation, cardiovascular protection). This Protocol sequences them so you build the right foundation first, then layer decade specific support as your biology demands it.

WEEK 1 . PHASE 1

# Identify your decade bracket

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## This week

Before adding anything, establish where you are. Your decade bracket shapes every subsequent decision in this Protocol.

## What you do

- Identify your decade bracket and the physiological priorities that come with it.
- Complete a structured baseline self assessment across six key areas.
- Audit your current supplement routine for form and dose quality before adding anything new.
- Establish your starting snapshot so week twelve has something meaningful to compare against.

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## Continued in the full Protocol

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

Available at [sableandsand.com/protocols/decades-protocol](https://sableandsand.com/protocols/decades-protocol). One payment of nineteen pounds. Lifetime updates included.