

The Stack Audit

Is your stack a hypothesis, or a checklist?

Individual compounds can have real single-agent data. The assembled combination almost never does. List each agent in your current or planned stack by category or your own label, then fill in every column. The blank cells are the finding.

Agent (category or your label)	Target it is meant to move	What it draws on (cofactors, substrates)	Overlaps with	Stop rule written?	Start date
				☐ Yes ☐ No	
				☐ Yes ☐ No	
				☐ Yes ☐ No	
				☐ Yes ☐ No	
				☐ Yes ☐ No	

RED FLAGS

- ☐ More than one new agent started in the same window, so no effect can be assigned to a source.
- ☐ Two agents pushing the same mechanism. That doubles one bet rather than covering more ground.
- ☐ One agent chosen per body system. That is coverage, not a target.
- ☐ No target written before the agent was chosen.
- ☐ No stop rule, or a plan to run it indefinitely with no review date.
- ☐ No baseline for the domains these agents press on, especially oxidative balance, trace minerals, and toxic element burden.

WHY IT MATTERS

Demand multiplies. Every agent draws on the same finite shelf of minerals, amino acids, and B vitamins. **Overlap concentrates risk.** Shared mechanisms compound rather than distribute. **Attribution disappears.** Once several things change at once, you have paid for an experiment you cannot learn from.

Coverage is a property of a checklist, not of a physiology. Overlap is liability, not coverage.