



Build Your Stack. Start Today.

Each stack is a ready-to-buy protocol matched to your budget and goals. Pick one below — then scroll down to dive into the science behind each supplement.

THE ESSENTIALS THAT MOVE THE NEEDLE MOST — BEST BANG FOR YOUR BUCK

Collagen Peptides

15g · 30 min pre-game

~\$20/mo

Omega-3 Fish Oil

2–3g EPA+DHA · with dinner

~\$15/mo

Magnesium Glycinate

300–400mg · before bed

~\$12/mo

Total: ~\$47/mo

Shop Collagen →

Shop Omega-3 →

Shop Magnesium →

BUDGET STACK + VITAMIN D3/K2 + CREATINE — THE COMPLETE FOUNDATION

Collagen Peptides

15g · pre-game

~\$20/mo

Omega-3 Fish Oil

2–3g EPA+DHA · with meals

~\$15/mo

Magnesium Glycinate

300–400mg · before bed

~\$12/mo

Total: ~\$69/mo

See Full Core Stack →

← View Budget



Vitamin D3 + K2

2,000–5,000 IU + 100mcg K2

~\$12/mo

Creatine Monohydrate

3–5g · any time

~\$10/mo

CORE STACK + ANTI-INFLAMMATORIES + ENERGY OPTIMIZATION – TOURNAMENT-READY

Everything in Core Stack

Collagen · Omega-3 · Mag · D3/K2 · Creatine

~\$69/mo

Total: ~\$174/mo

[Explore Pro Supps →](#)

Turmeric (BCM-95 form)

500–1,000mg · with meals

~\$25/mo

Tart Cherry Extract

480mg · post-game + bed

~\$20/mo

Electrolytes (LMNT)

1 packet/hr on court



How this guide works: The stacks at the top give you a ready-to-buy protocol. The cards below give you the science, dosing, and brand picks for each supplement. Tap any card to expand.

The **Core 4** — Collagen, Omega-3, Magnesium, Vitamin D3+K2 — are the foundation every player needs. Everything else builds on top.

[← Back to ThePickleDoctor.com](#)

COLLAGEN PEPTIDES

CORE

+++++

Strong evidence for tendon repair. Daily use is non-negotiable.

STRONG

JOINT HEALTH

TENDON REPAIR

60+ PLAYERS

OMEGA-3 FISH OIL

CORE

+++++

The most researched anti-inflammatory supplement. Non-negotiable.

STRONG

JOINT HEALTH

ANTI-INFLAMMATORY

60+ PLAYERS

MAGNESIUM GLYCINATE

CORE

+++++

Fixes the sleep + cramping issue most players don't realize they have.

STRONG

RECOVERY

SLEEP

CRAMP PREVENTION

60+ PLAYERS

VITAMIN D3 + K2

CORE

+++++

Foundation for bones, immunity, and power output.

STRONG

JOINT HEALTH

BONE DENSITY

IMMUNE

60+ PLAYERS

TURMERIC / CURCUMIN

PRO

+++++

Works — but only the right form. Most products on shelves don't.

MODERATE

ANTI-INFLAMMATORY

JOINT HEALTH

TART CHERRY EXTRACT

PRO

+++++

Underrated recovery tool. Reduces soreness and helps you sleep too.

MODERATE

ANTI-INFLAMMATORY

RECOVERY

SLEEP



ELECTROLYTES

PRO

+++++

Court hydration matters more than water alone.

STRONG

RECOVERY

HYDRATION

CRAMP PREVENTION

GLUCOSAMINE + CHONDROITIN

+++++

The classic joint supplement — works best for cartilage wear over 50.

MODERATE

JOINT HEALTH

CARTILAGE

60+ PLAYERS

CREATINE MONOHYDRATE

PRO

+++++

Not just for bodybuilders. The most proven supplement in sports science.

STRONG

ENERGY

PERFORMANCE

MUSCLE PRESERVATION

60+ PLAYERS

D-RIBOSE

NEW

+++++

The ATP rebuilding supplement. Reduces energy crash after long play sessions.

MODERATE

ENERGY

ATP RECOVERY

60+ PLAYERS

RECOVERY

CoQ10 / UBIQUINOL

PRO

+++++

The one supplement study every 60+ player should read about.

STRONG (60+)

ENERGY

MITOCHONDRIAL

60+ PLAYERS

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