

## Timing & Stack Recommendations for Endomorph

This table outlines the optimal timing and stack recommendations for endomorphs, detailing which supplements to take at specific times of the day to maximize fat loss, improve insulin sensitivity, and support lean muscle maintenance.

Time	Supplement Stack
Morning (fasted)	300–500 mg green tea extract 100–200 mg caffeine + 100–200 mg L-theanine 200 mcg chromium picolinate
Pre-Workout (30 min)	1–2 g acetyl-L-carnitine 3–4 g CLA 100–200 mg CoQ10
Post-Workout	20–30 g whey protein isolate 5 g creatine monohydrate (optional)
Midday (with lunch)	500 mg berberine 300–500 mg green tea extract
Afternoon Snack	Small protein + fiber snack 300 mg magnesium
Evening Meal	1–2 g acetyl-L-carnitine (optional) 500 mg berberine
Before Bed	300–400 mg magnesium glycinate 100–200 mg CoQ10

Source: <https://bodybuilding-wizard.com/ultimate-endomorph-supplement-guide/>