

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Adaptogen Stacking Advisor MCP

Build precise supplement protocols for stress and energy.

Adaptogen Stacking Advisor MCP provides expert guidance on combining adaptogens based on your specific physiological needs. It analyzes your stress levels, energy requirements, and sleep quality to suggest synergistic stacks. You can generate exact dosage schedules, plan rest periods to prevent tolerance, and run safety checks against your health markers using any MCP-compatible client.

A+ Quality Score 100/100

adaptogens

stress-relief

wellness

supplement-stacking

biohacking



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Adaptogen Stacking Advisor MCP

4 tools available

Cloud-hosted on Vinkius

You can stop guessing which supplements work together. This MCP acts as a specialized advisor for anyone looking to optimize their use of adaptogens. Instead of following generic advice, you provide your AI client with your specific stress type, energy needs, and sleep patterns. The MCP then uses research-backed logic to suggest combinations that actually work together.

You can use it to build a complete daily routine from scratch. It doesn't just tell you what to take; it tells you exactly when to take it and how long you should use it before taking a break to avoid building tolerance. It also includes a safety layer to check your proposed stacks against your existing health data. It is a practical tool for managing your biohacking or wellness protocols through your preferred AI agent.

Core Capabilities

01 — Stack Optimization

The AI identifies synergistic adaptogen pairings based on your stress and energy profile.

02 — Schedule Generation

Your agent creates specific daily timing for every supplement in your stack.

03 — Tolerance Management

The MCP calculates necessary rest periods to keep your body responsive to the supplements.

04 — Safety Verification

The tool checks your proposed combinations against your personal health data.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/adaptogen-stacking-advisor — connect your AI agent in three steps.

- 01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02 Provide your stress, energy, and sleep data to your AI client.
- 03 Ask the AI to analyze potential stacks or generate a schedule.
- 04 Use the safety and cycling tools to refine your final protocol.

You connect the MCP to your AI client and start asking for specific supplement guidance.

Built For

This MCP is built for individuals managing their own wellness through targeted supplementation. It helps users move from generic advice to data-driven protocols.

Biohackers

They hand off their physiological data to the AI to find optimized supplement combinations.

Wellness Enthusiasts

They use the tool to create structured daily schedules for their supplement routines.

Stress Management Practitioners

They use the safety and cycling tools to plan long-term protocols for clients.

What Changes When You Connect

- 01 Reduces guesswork by matching adaptogens to your specific stress and energy types.
- 02 Prevents tolerance buildup through calculated rest and cycling periods.

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- 03** Provides exact timing for doses to align with your natural circadian rhythm.
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- 04** Adds a safety layer by checking stacks against your health markers.
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Real-World Applications

Managing Chronic Stress

Use the tool to find combinations like Ashwagandha that help regulate cortisol levels.

Preventing Supplement Tolerance

Apply cycling protocols to ensure your body doesn't stop responding to your stack.

Boosting Daily Energy

Identify adaptogens like Rhodiola Rosea to support alertness during your morning hours.

Daily Routine Planning

Generate a minute-by-minute schedule for taking supplements based on your wake and sleep times.

4 Tools Available

#	TOOL	DESCRIPTION
01	generate_dosage_and_timing	This tool creates a precise daily schedule for your stack. It tells you exactly when and how to take each supplement.
02	analyze_stack_potential	This tool evaluates your current profile to suggest the most effective adaptogen combinations. It looks at your specific needs to find synergistic pairings.
03	calculate_cycling_protocol	This tool determines the necessary rest periods for your supplements. It helps you plan breaks to prevent physiological tolerance.
04	validate_safety_constraints	This tool performs a final safety check on your proposed stack. It compares your plan against your specific health markers.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I am feeling chronic stress and low energy. What adaptogens should I take?



Based on your chronic stress and low energy, a combination of Rhodiola Rosea for alertness and Ashwagandha for cortisol regulation is recommended to balance your HPA axis.

U Create a schedule for taking Rhodiola and Ashwagandha if I wake up at 7 AM and sleep at 11 PM.



Take Rhodiola Rosea at 8:00 AM to support morning energy, and Ashwagandha at 9:00 PM to support evening relaxation.

U How long should I use an intense adaptogen stack before taking a break?



For an intense stack, it is recommended to follow a 5 weeks on, 1 week off cycling protocol to prevent physiological tolerance.

Frequently Asked Questions

01 How does this MCP help with supplement stacking?

It analyzes your specific physiological needs like stress and energy to suggest combinations of adaptogens that work together synergistically.

02 Can I get a specific time to take my supplements?

Yes, the tool can generate a precise daily schedule based on your wake and sleep times.

03 How do I avoid building a tolerance to adaptogens?

The MCP calculates cycling protocols, such as a 5 weeks on and 1 week off schedule, to prevent physiological tolerance.

04 Is there a safety check for my supplement stack?

Yes, the `validate_safety_constraints` tool checks your proposed stack against your specific health markers.

05 Which AI clients can I use with this MCP?

You can use this MCP with any compatible client, including Claude, Cursor, Windsurf, and VS Code.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"adaptogen-stacking-advisor": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Adaptogen Stacking Advisor is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Server ID	01a0b684-5b3a-7029-84ab-8a56a6fd9cf5
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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