

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

Biohacking Stack Designer MCP

Build personalized health protocols based on your specific goals and budget.

Biohacking Stack Designer MCP connects your AI client to scientific research and actionable health data. It builds custom sets of supplements, lifestyle changes, and tech interventions tailored to your risk tolerance and budget. Instead of guessing, you get a phased rollout plan and clear ways to track your progress.

A+ Quality Score 100/100

biohacking

longevity

optimization

health-stack

performance



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.

Biohacking Stack Designer MCP

4 tools available

Cloud-hosted on Vinkius

You can stop guessing which supplements or lifestyle changes actually matter. This MCP turns your AI client into a specialized health strategist that builds custom protocols based on your specific constraints. Whether you have a strict monthly budget or a high tolerance for aggressive performance interventions, the tool maps out exactly what to take and when.

It doesn't just dump a list of pills on you. It calculates how different elements in your stack work together to improve results and provides a phased implementation timeline so you don't overwhelm your system. You also get a specific tracking protocol to measure if the stack is actually doing what you intended. It's about moving from random experimentation to a structured, measurable health strategy.

Core Capabilities

01 — Custom Protocol Design

Your agent uses your budget and risk profile to pick specific interventions.

02 — Synergy Identification

The AI finds combinations of supplements or habits that boost each other's efficacy.

03 — Phased Rollouts

The tool creates a schedule to prevent you from starting too many things at once.

04 — Progress Measurement

Your agent establishes a protocol to track if the stack is working.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/biohacking-stack-designer — connect your AI agent in three steps.

- 01
- Connect your preferred MCP-compatible client to Vinkius.
- 02
- Tell your agent your specific health goals, budget, and risk tolerance.
- 03
- The AI uses the MCP tools to generate a personalized stack and timeline.
- 04
- Follow the tracking protocol to monitor your biological response.

Connect the MCP to your AI client and start designing protocols immediately.

Built For

This MCP is for individuals looking to optimize their biology through structured, data-driven protocols.

Biohackers

They use the tool to design and test new supplement or lifestyle combinations.

Performance Athletes

They hand off their budget and hypertrophy goals to the AI to get aggressive stacks.

Longevity Enthusiasts

They use the tool to build low-cost, low-risk protocols for long-term health.

What Changes When You Connect

- 01
- Removes guesswork by matching interventions to your specific budget.
- 02
- Reduces risk through a staggered, phased implementation schedule.
- 03
- Maximizes effectiveness by identifying biological synergies.

- 04 Provides a clear way to measure results through dedicated tracking protocols.
-

Real-World Applications

Budget-Constrained Optimization

You can design a functional health stack even if you only have \$50 to spend per month.

Muscle Growth

Create aggressive performance protocols for hypertrophy when you have a higher budget.

Cognitive Enhancement

Build a stack specifically for focus by adding to your existing supplement routine.

Safe Introduction of Supplements

Use the implementation timeline to avoid introducing too many new variables at once.

Patterns to Avoid

The shotgun approach

❌ AVOID

You tell your agent to just give you a list of everything that helps with focus and start taking them all tomorrow.

✓ INSTEAD

Use ``get_implementation_timeline`` to create a staggered rollout so you don't overwhelm your system with too many new variables at once.

Ignoring budget constraints

❌ AVOID

You ask for the most effective cognitive stack possible without mentioning that you only have \$40 to spend this month.

✓ INSTEAD

Provide your specific budget and risk profile to ``get_recommended_stack`` to ensure the suggestions are actually actionable.

Blind experimentation

❌ AVOID

You change three different supplements at the same time and then wonder why you feel weird.

✓ INSTEAD

Run ``calculate_synergies`` first to see how elements interact, then use ``get_tracking_protocol`` to measure the actual impact.

The Right Fit

Connect this MCP if you want to move from random supplement guessing to a structured, measurable health strategy. If you prefer unguided experimentation or don't care about tracking biological impact, this isn't for you. The deciding factor is whether you want a phased, budget-aware plan instead of a random list of pills.



Biohacking Stack Designer: 4 Precision Tools

These tools turn your AI client into a health strategist that builds, schedules, and tracks custom biological protocols.

#	TOOL	DESCRIPTION
01	calculate_synergies	This tool identifies how specific combinations in your stack work together to enhance their effects.
02	get_implementation_timeline	This tool generates a phased rollout plan to help you introduce new elements to your routine safely.
03	get_recommended_stack	This tool builds a personalized list of interventions based on your goals, budget, and risk profile.
04	get_tracking_protocol	This tool defines the specific metrics and methods you should use to measure your stack's effectiveness.

See It in Action

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

U Design a longevity-focused stack with a \$100 monthly budget and low time commitment.



Your personalized longevity stack includes Vitamin D3, Magnesium Glycinate, and optimized sleep hygiene. Total estimated monthly cost is \$45. We will start with sleep hygiene in week 1, followed by supplements in week 3.

U I want to improve my cognitive focus. I currently take Omega-3. My budget is \$200 and I have medium time commitment.



To enhance focus, we will build upon your Omega-3 by adding Creatine and implementing a structured morning sunlight routine. This stack fits within your \$200 budget.

U Create an aggressive performance stack for muscle hypertrophy with a \$500 budget.



Your aggressive performance stack includes high-dose Creatine, Whey Protein isolate, and Red Light Therapy. The total cost is approximately \$350 per month.

Frequently Asked Questions

01 How does the MCP handle my budget?

The tool uses your specified budget to select interventions that fit within your financial constraints.

02 Can I add supplements I already take?

Yes, you can tell your agent what you currently use, and it will build a new stack around those existing items.

03 How do I know if the stack is working?

The MCP provides a specific tracking protocol designed to help you measure the effectiveness of your interventions.

04 What is a phased rollout?

It is a schedule provided by the implementation tool that staggers the introduction of new habits or supplements to ensure safety.

05 Which AI clients can use this MCP?

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

06 How does the tool ensure my safety?

The system uses a staggered rollout approach via the implementation timeline to prevent overwhelming your body's homeostasis, ensuring each new intervention is introduced safely.

07 Can I include my current supplements in the design?

Yes, you can provide your current interventions so the tool can suggest how to integrate or evolve them into your new stack.

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>"biohacking-stack-designer": { "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

Biohacking Stack Designer 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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Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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