

# Trending **biohacking** supplements

## Brain health

- Omega-3 (EPA & DHA)
- Magnesium L-threonate

## Adaptogenic supplement for stress reduction

- Ashwagandha

## Dietary supplements for overall health

- Vitamin D3
- Collagen

## Cardiovascular health

- Resveratrol
- Vitamin K2 (often paired with D3)

## Additional supplements for biohacking

- NMN (nicotinamide mononucleotide)
- Creatine



# Trending Biohacking

**TD Snyder**



## **Trending Biohacking:**

Ignite the flame of optimism with its motivational masterpiece, **Trending Biohacking** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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