

# 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

**D Keegan**



## **Trending Biohacking:**

## **Trending Biohacking** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Trending Biohacking**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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