

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

Arturo Cuomo



Trending Biohacking:

Ignite the flame of optimism with Crafted by is motivational masterpiece, Find Positivity in **Trending Biohacking** . In a downloadable PDF format (Download in PDF: *), 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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