

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



Biohacking Trending

Clifford Lane



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web he built under rivers and through hills creating the longest tunnels the biggest bridges and the speediest ships the world had ever seen this is the revolutionary briton who built britain isambard kingdom brunel s unusual name comes from his civil engineer father a normandy refugee from the french revolution

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