

# 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

**Rachel S Tattersall**



## **Trending Biohacking:**

## Enjoying the Track of Expression: An Mental Symphony within **Trending Biohacking**

In a global used by screens and the ceaseless chatter of instant communication, the melodic beauty and emotional symphony produced by the prepared term often fade in to the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, located within the pages of **Trending Biohacking** a stunning literary value full of natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that captivating masterpiece conducts visitors on a mental trip, skillfully unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths of the moving analysis, we can investigate the book is key harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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