

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

Steven Kotler, Jamie Wheal



Trending Biohacking:

Uncover the mysteries within its enigmatic creation, Embark on a Mystery with **Trending Biohacking** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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