

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

Christian Flesch



Biohacking Trending:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Biohacking Trending** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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