

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

RJ Alexander



Trending Biohacking:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **Trending Biohacking** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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