

# 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

**R Sandford**



## **Biohacking Trending:**

## **Biohacking Trending** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Biohacking Trending**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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