

# 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

**Marc E. Vargo**



## **Biohacking Trending:**

## Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Biohacking Trending**

In some sort of inundated with monitors and the cacophony of instantaneous transmission, the profound power and emotional resonance of verbal art usually fade in to obscurity, eclipsed by the continuous barrage of sound and distractions. However, situated within the musical pages of **Biohacking Trending**, a interesting function of literary beauty that pulses with fresh thoughts, lies an wonderful journey waiting to be embarked upon. Published by a virtuoso wordsmith, that mesmerizing opus courses readers on a mental odyssey, delicately exposing the latent potential and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is key styles, dissect their fascinating writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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