

# 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

**Kathleen Armour**



## **Biohacking Trending:**

## Whispering the Techniques of Language: An Emotional Journey through **Biohacking Trending**

In a digitally-driven world wherever screens reign great and quick connection drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words often move unheard. Yet, located within the pages of **Biohacking Trending** an interesting literary value blinking with organic feelings, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, this charming opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles cloth of each word. Within the mental depths of the poignant review, we shall embark upon a genuine exploration of the book is key subjects, dissect its charming publishing fashion, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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