

# 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

**Mirjam Grewe-Salfeld**



## **Biohacking Trending:**

This book delves into Biohacking Trending. Biohacking Trending is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Biohacking Trending, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Biohacking Trending
  - Chapter 2: Essential Elements of Biohacking Trending
  - Chapter 3: Biohacking Trending in Everyday Life
  - Chapter 4: Biohacking Trending in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Biohacking Trending. The first chapter will explore what Biohacking Trending is, why Biohacking Trending is vital, and how to effectively learn about Biohacking Trending.
3. In chapter 2, the author will delve into the foundational concepts of Biohacking Trending. The second chapter will elucidate the essential principles that must be understood to grasp Biohacking Trending in its entirety.
4. In chapter 3, this book will examine the practical applications of Biohacking Trending in daily life. This chapter will showcase real-world examples of how Biohacking Trending can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Biohacking Trending in specific contexts. This chapter will explore how Biohacking Trending is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Biohacking Trending. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Biohacking Trending.

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