

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

Lauren Gardner



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