# Trending biohacking supplements

#### Brain health

- Omega-3 (EPA & DHA)
- Magnesium L-threonate

#### Cardiovascular health

- Resveratrol
- Vitamin K2 (often paired with D3)

# Adaptogenic supplement for stress reduction

Ashwagandha

#### Dietary supplements for overall health

- Vitamin D3
- Collagen

# Additional supplements for biohacking

- NMN (nicotinamide mononucleotide)
- Creatine



# **Biohacking Trending**

**Padhraic Smyth** 



# Adopting the Tune of Expression: An Psychological Symphony within Biohacking Trending

In some sort of eaten by displays and the ceaseless chatter of fast connection, the melodic beauty and mental symphony developed by the prepared term usually fade in to the background, eclipsed by the relentless sound and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Biohacking Trending** a marvelous literary value overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this interesting masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of the emotional analysis, we shall discover the book is key harmonies, analyze its enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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