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



Trending Biohacking

Jon S. Wilson, Dhruvesh Panchal, Khalid Wani, Sumit Varma, Aman Nayak, Madhuvan Singh Panwar, Shiven Varma



Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Trending Biohacking**. This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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