# 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**

**Michal Rosen-Zvi** 



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