



## Information on trending vitamins and supplements. Here are seven vitamins and supplements that were the most popular in 2023:

### **Ashwagandha:**

An adaptogenic herb known for its stress-relieving properties and potential benefits for anxiety and overall mental well-being.

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### **NMM (Nikotinamide Mononucleotide):**

NMN is a molecule that serves as the precursor to NAD+. This coenzyme has the potential to generate energy, extend lifespan, shield cells from age-related diseases, and support healthy aging.

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### **NAC (N-Acetylcysteine):**

Known for its antioxidant properties, NAC is also used to support respiratory health and is a precursor to glutathione, a key antioxidant in the body.

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### **Nattokinase:**

Derived from fermented soybeans (natto), nattokinase is an enzyme believed to have potential cardiovascular benefits by supporting healthy blood clotting.

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### **Omega-3 Fatty Acids:**

Often found in fish oil supplements, omega-3s are recognized for their potential benefits for heart and brain health.

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### **Probiotics:**

These supplements contain beneficial bacteria that support gut health and may contribute to overall well-being.

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### **Collagen:**

Popular for skin health, collagen supplements claim to support the elasticity and hydration of the skin.

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### **Notice:**

it's crucial to consult with a healthcare professional before adding any supplements to your routine, as individual needs and potential interactions may vary. Stay informed about the latest research and recommendations in the field.