



MY TOP 58 “SUPERHUMAN” PRODUCTS*

FOOD & SUPPLEMENTS

- [Four Sigmatic Mushroom Coffee](#)
- [HyperBiotics “Immune”](#)
- [RXBAR - Chocolate Sea Salt](#)
- [Hyperbiotics Pro-15](#)
- [Hyperbiotics Pro-Dental](#)
- [DoTerra Aromatherapy Essential Oil Kit](#)
- [Dr. Axe Bone Broth Protein Powder](#)
- [Primal Life Organics Tooth Powder](#)
- [Ambronite Meal Replacement Shakes](#)
- [Organifi Green Juice](#)
- [Natural Calm Magnesium](#)
- [Four Sigmatic Reishi Mushroom Elixir](#)
- [Valerian Root](#)
- [Onnit Sprayable Melatonin](#)
- [Fish Oil](#)
- [Cordyceps](#)
- [Quest Powdered MCT Oil](#)
- [Universal Creatine Chews](#)
- [Onnit New Mood](#)
- [Dr. Bronners All Natural Soap](#)
- [Mack’s Earplugs](#)
- [Guayaki Yerba Mate](#)





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BIOHACKING GEAR

- [Oura Ring](#)
- [Muse Headband](#)
- [Swannies Blue-Blocking Glasses](#)
- [23andMe](#)
- [Theracane Physical Therapy Cane](#)
- [FlexiKold Gel Ice Pack](#)
- [Topo Standing Desk Matt](#)
- [Valkee HumanCharger](#)
- [Precision xTra Blood Glucose / Ketone Meter](#)
- [Apple Watch](#)
- [Peanut Massage Ball](#)
- [Voodoo Bands](#)
- [Vibram FiveFingers Shoes](#)
- [Polar Roller](#)
- [Waterglider Crescent Zafu](#)
- [Zabuton](#)



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- Add 1-3 hours back to your day, freeing you for what matters
- 10X your career trajectory by learning how to connect with successful people

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MY TOP 58 “SUPERHUMAN” PRODUCTS*

TRAVEL GEAR & LIFEHACKS

- [Cabeau Evolution S3 Pillow](#)
- [Cocoon CPG5BK GRID-IT organizer](#)
- [Baseus Multi-USB Charger Cables](#)
- [Minix Neo-C Multi Adapter](#)
- [Kindle Paperwhite](#)
- [Sleep Master Sleep Mask](#)
- [Bose QC35 Headphones](#)
- [Compression Socks](#)
- [RocketBook Everlast Erasable Notebook](#)
- [PopSocket](#)
- [Universal Power Strip](#)



AUTOMATION & EFFICIENCY HACKS

- [Zapier](#)
- [IFTTT](#)
- [Broadlink RMPPro](#)
- [Nuki Smart Lock](#)
- [RescueTime](#)
- [Evernote](#)
- [Readwise.io](#)
- [Shortcuts on iOS](#)
- [Amazon Alexa Echo Dot 3](#)
- [Philips Hue Lights](#)

