

Forum:[Hack Forums](#)

Thread: [What's your supplement arsenal?](#)

Eran - October 19, 2025, 8:21 am

Wondering what supplements are everyone taking for their overall wellbeing on a daily basis. I currently have vitamin D3 2000IU, zinc, creatine and for now that's pretty much it, my supplement arsenal has been dry for a while and looking to pick a few up. Any recommendations?

Original® - November 2, 2025, 9:17 am

I've been taking vitamin D3, ZMA (zinc, magnesium and vitamin B6) as well as fish oil and ashwagandha. I've tried creatine before but wasn't a fan as I felt bloated all the time with the water retention.

Since you're already taking zinc maybe switch to ZMA or add in magnesium. Magnesium helps with sleep and I take it around bedtime.

Ashwagandha supposedly helps with lowering cortisol. Maybe its placebo but I think its working for me.

JoshAllen - November 2, 2025, 9:20 am

Magnesium for sleep. It helps so much some days.

DarkLo - November 10, 2025, 2:02 am

Nothing crazy a multivitamin and I take vitamin d once a day

TheCoz - December 14, 2025, 9:13 am

Multivitamin - pure encapsulations

Magnesium - pure encapsulations

Protein powder - Nurta-Bio vanilla ice cream

Omegas - Sports Research or Nordic Naturals

Komodo - January 1, 2026, 8:52 pm

(Nov 2, 2025 10:17 AM)Original® Wrote: [\[CITE\]](#) I've been taking vitamin D3, ZMA (zinc, magnesium and vitamin B6) as well as fish oil and ashwagandha. I've tried creatine before but wasn't a fan as I felt bloated all the time with the water retention.

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After a few weeks the bloating stops and the water is absorbed intracellularly.