

AN INTRODUCTION *TO* NOOTROPICS

HOW TO BOOST
YOUR BRAIN
FUNCTION
AND POWER

By Mike Mwape

<http://www.YourHealthPriority.com>

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Introduction

Hi, my name is Mike Mwape and I wrote this ebook for people like you, who are interested in knowing how to boost their brain function and power and indeed to know what nootropics are, their importance and how to use them but have no idea where to start from.

This may be your first time, but if not, you might have heard of nootropics now sold in the health market and wonder what it is. Nootropics are a form of supplement, often called smart drugs or cognitive enhancers, as they affect how the brain functions. Some people call them as brain supplements as it affects the brain functions including enhancing memory functions and learning capacity.

When it comes to being smart, you do not have to burn the night lamp to ace your exam. Nowadays the advent of technology allows us to access information as well as products that would help us better ourselves. If you want to be smarter or want to improve your memory or learning, then it is time for you to get to know what nootropics are and their importance.

In this ebook, you are going to learn about different types of nootropics. You will also be guided on how to choose the best nootropics if you wanted to, and the things to consider when choosing. And most importantly, you will discover how to improve your memory and learning as well as how to boost your brain function and power! Enjoy reading.



What Really Are Nootropics?

The term "**nootropics**" is derived from the Greek words, *noos*, which means "mind" and *trepein* meaning "to bend", or "turn". The supplement is considered as a cognitive boosting supplement and is deemed to have low toxicity making it safer for long-term use.



Nootropic works in increasing the chemicals that affects the person's learning and memory. These chemicals or neurotransmitters are responsible for specific roles or task in the brain. The use of nootropics increases the neurotransmitters associated with the learning and memory resulting to better mental functions.

In simpler terms, Nootropics are drugs that have cognitive enhancing effects. They improve mental processes such as memory and concentration. The term itself was first coined by Dr. Corneliu E. Giurgea in 1972 who created a set of five criteria to determine whether a chemical was a nootropic. Which is why they are more commonly known as smart drugs. These supplements have the ability to:

- **Boost Brain Function**
- **Improve Memory and learning**
- **Enable Better Communication**
- **Enhance Concentration and focus**

- **Improve Multitasking**
- **Increase Mental Energy**
- **Increasing or widening the blood vessels.** Nootropics can also help with widening the blood vessels in the brain. The theory is that by widening the vessels, more blood and oxygen will flow through the brain. The increase in blood supply also increases oxygen and nutrients sent to the brain resulting to increase mental capacity and help improves mental stamina, alertness and concentration of the patient.
- **Preventing degenerative disease.** Many are diagnosed with dementia or Alzheimer disease, which affects the brain especially for the elderly. The supplements are said to be able to slow down the aging process of brain neurons and decrease cognitive diseases often associated with aging.

As you may be aware, thinking is the hardest work there is, which is the probable reason why so few engage in it. By shifting your brain into a higher gear, nootropics such as NooCube opens up a new plain of possibilities. Suddenly, everything you dreamed of becomes a little easier to achieve.

Today's lifestyle requires us to be alert, diligent and to manage everyday stress.

Unfortunately, our diets don't always provide us with all the nutrients our brain requires to function at its peak.

Some substances that affect the central nervous system

Some examples of substances that also affect the central nervous system, but are not classed as nootropics are caffeine, nicotine, Cannabis or Ritalin. True nootropics meet a set of criteria that are seen more as nutrients than as drugs.

True Nootropics

Aniracetam

This is a stimulant and cognitive enhancer acting in as fast as 20 minutes

Piracetam

One of the most extensively studied nootropics for cognitive enhancement

Pramiracetam

A more potent variation of Piracetam enhancing memory and learning capacity

Alpha GPC

Alpha Glycerylphosphorylcholine (Alpha GPC) is thought to increase levels of acetylcholine in the brain. Acetylcholine is a neurotransmitter – chemical messengers that communicate between brain cells. It is important for memory, learning and concentration, which is why it is known as the learning neurotransmitter. Alpha GPC has demonstrated such a strong ability to improve cognitive function, it is considered a possible treatment for Alzheimer's disease.



Huperzine-A

An extract from the Chinese club moss plant, Huperzine-A is an acetylcholinesterase (AChE) inhibitor. AChE breaks down the learning neurotransmitter acetylcholine. By preventing acetylcholine levels from decreasing, Huperzine A creates a surplus of acetylcholine, which can lead to improved mental clarity, concentration and memory. There are countless studies supporting the role of Huperzine in enhancing cognitive function and improving memory, most notably in relation to Alzheimer's disease.



Huperzine-A

Cat's Claw

Derived naturally from *Uncaria tomentosa*, a vine that grows in the Amazon rainforest, Cat's Claw is believed to have neuroprotective benefits. It contains antioxidants that can help enhance the body's natural ability to repair environmental-stress related DNA damage to cells. By helping repair the DNA damage that can lead to cognitive decline and memory loss, Cat's Claw can help improve your brain health and cognitive performance.



Cat's Claw

Bacopa Monnieri

The indian herb *Bacopa monnieri* that contains compounds called bacosides which are thought to help repair damaged neurons and promote new nerve growth. This improves neuron communication with the brain, helping improve your cognitive function and mental performance. This protective effect on neurons and nerves is why bacopa is yet another of NooCube's ingredients that has drawn interest over its potential as a dementia and Alzheimer's treatment, and numerous studies have demonstrated its positive effects on cognitive function and age related cognitive decline.



Bacopa

Oat Straw

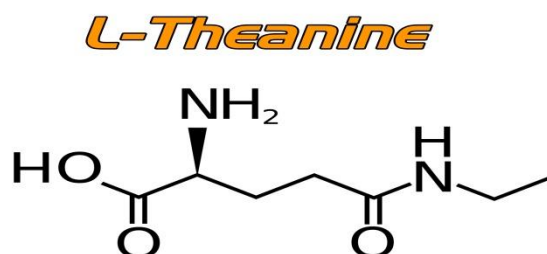
Also known as *Avena sativa*, Oat Straw comes from wild green oats and has been used as a brain booster in folk medicine since the Middle Ages. Oat straw is believed to work by increasing alpha-2 waves in the brain – which are highly active during periods of wakefulness – as well as controlling inflammation within artery walls. This increases blood flow to the brain, helping you feel more awake and alert.



Oat Straw

L-Theanine

Naturally found in green and black tea. L-theanine is an amino acid that can help relieve stress while stimulating neurotransmitters in the brain, creating a relaxed but alert feeling.



L-tyrosine

L-tyrosine is another amino acid that stimulates the production of dopamine and noradrenaline. This increases mental alertness and focus, all while reducing the effects of stress and fatigue on the brain.



L-tyrosine

All of the above have no side effects or dangers to the body.

How To Take Nootropics?

It's important to understand that nootropics are not a magical fix for optimal cognitive function, but instead should be used synergistically with all other areas of life to achieve the best results. These include obvious areas such as having a healthy diet rich in essential fatty acids and foods such as vegetables, proteins and whole-grains, ensuring a good amount of sleep and exercise, maintaining levels of B Vitamins in the diet for energy production and keeping hydrated through consistent consumption of water throughout the day.

Nootropics can also be 'stacked' together to improve the results. A common stack addition is a Choline source. Choline is naturally found in foods like eggs and nuts and is the precursor to Acetylcholine, a neurotransmitter found in the brain. This means the choline converts to Acetylcholine acting as the fuel of mental energy and cognitive potential.

Levels of choline become depleted in the brain because we are increasing the level of mental function with the use of nootropics, and this should therefore be replenished by introducing a choline source into your nootropics stack. Another nootropic with 7 ingredients is **NooCube™**. Yes, it works through a unique blend of just 7 ingredients. It contains Alpha GPC, Huperzine-A, Cat's Claw, Bacopa Monnieri, L-Theanine, Oat Straw and L-tyrosine. Through this unique combination of ingredients, NooCube creates a mental state where you can focus while remaining alert, improving memory, and enhancing general cognitive functions.

Risks

Although there are no known side effects or risks to the body surrounding nootropics, it's important to understand that, as with anything, taking in excess of the recommended daily dosage can result in issues such as an upset stomach (as it may cause absorption issues in the GI tract) or headaches (due to cholinergic depletion from increased brain function). It's important to know how much you should be taking of a particular nootropic as it varies from one to another.



Nootropics appear to have a host of benefits in a multitude of different areas of life.

However, it is advisable to undertake your own due diligence before introducing your body to the various types of nootropics available. It is also clear that nootropics must be used in conjunction with a healthy lifestyle to achieve optimum effects.

Nootropics can be seen to elevate our levels of mental function by improving and optimising processes that already naturally occur in the brain and body and are a great way to maintain brain health.

A Startling Fact About Natural Nootropics

There are different nootropics currently sold in the market today. Synthetic nootropics are made from chemical compounds that are deemed safe with little to no side effects. However, some prefer natural nootropics, or compounds that are obtained from nature. This is an excellent option for those who want to avoid chemical compounds or uncomfortable not knowing what the ingredients are.

Natural nootropics are plant-based meaning that the ingredients are obtained from plants that are known for their therapeutic effects. In other words, Natural nootropics are made with herbs that are harvested for their medicinal properties. One such type of natural nootropic is **NooCube**. For those who want to make their own natural nootropics, various guides online will help you understand and choose which herbs would work best for your condition. Some sites do offer natural ones so you do not need to mix your own batch in case.

What To Look For In Your Nootropic Pill

The exams are on their way, the big presentation is approaching and you just feel tired and exhausted. That is the scenario when people try to boost their performance and get the maximum out of their bodies and minds. Naturally, in modern days, we have a pill for everything, so we have a pill for this as well. These pills that are designed to activate your brain and make it more productive by enhancing your focus, memory or even creativity. They are called nootropics. But how can you tell if you are choosing the best one on the market for you? Here are some things that you should be careful about when you dive into the vast sea of nootropics.



Price - Of course you don't want to overpay your pills. But consider how they make them and what they put inside them. It is not cheap to have those high quality ingredients in high dosages. Those things cost money! So, before you grab the cheapest one, make sure that it's not just filled up with sugar to fake the real nootropic effect.

Dosage - It is nice to pop one pill in the morning and forget about the whole thing. But you will rarely find a really good nootropic that works that way. Pick those that you are supposed to take at least three times a day, so that your body gets nicely scheduled boost during the entire day and not just one shock dosage.

Blend - We all know about ginseng and green tea and their effects, but they are not the only active ingredients in the nootropic pills. There are other less known things like L - Theanine, DMAE, Huperzine - A and others. Read up on those and find out about their effects because you don't want a nootropic that is only about 'uppers'. You need some ingredients that balance the blend and keep you calm as well as focused.

Effect - Don't expect miracles. You can have a sugar rush from a single cup of coffee or a glass of any kind of energy drink, so don't mix that with the effect that a good nootropic pill has. Yes, it will have a short term effect as well, but choose those that work as long term mental boosters as well. Therefore, don't just grab the first thing from the counter because this is your health in question. Do some research and get to know the basics about the ingredients in the nootropics. This can change your life.

It is not that easy to find the right thing for yourself, no matter what you are looking for. People sell, sell and sell and marketing is all around us. But you should know better and get properly informed before purchasing anything. This will help you get the idea what your nootropic pill should contain and how to choose one from all the available ones today.

But I know much better about NooCube, because I took some time to research about the product. And I found that [NooCube™](#) is the Highest Quality Nootropic available on the market today. Why, because it takes just two capsules and as little as 30 minutes to enter a realm of mental clarity and enhanced focus.

In this heightened mental state, your reactions are faster, your focus clearer, your awareness heightened. You're more productive, more efficient, and your mind is sharper. You can push the limits and transcend the boundaries between success and failure. There are no limitations. The possibilities are endless.



Designed by top neuroscientists, NooCube uses the purest, safest, and most powerful ingredients available to safely and effectively improve your cognitive functioning. Every ingredient has been rigorously tested for safety and is supported by decades of clinical research proving their effectiveness at increasing brain function.

Many of these ingredients have demonstrated such positive benefits on cognitive function they have even been considered potential treatments for debilitating brain diseases such as Alzheimer's and dementia.

And while caffeine might be the most commonly used nootropic in the world, unlike other nootropic supplements, you won't find any in NooCube. Why? Caffeine is a powerful stimulant which is great for helping you feel alert, but it does very little to get you into a productive state of mind. Besides, it's better you enjoy all the benefits of NooCube without the anxiety or jitters that caffeine can give you.

Nootropics Are Changing the Way People Work and Think

College students have been using drugs like Adderall to improve mental performance for years, and now these habits are carrying over into the workplace. This new generation of young professionals sees cognitive energy enhancers as an important tool for success, and now many older Americans and Europeans are also seeking ways to improve their focus and function, and not get left in the dust.

Cognitive Energy Enhancers pair the latest nootropics with powerful energy compounds to provide fuel for both the body and mind. The key nootropic substances are clinically proven to improve creative thinking, information processing, attention, cortical/behavioral arousal, learning, and memory... while the powerful synthetics give you energy that lasts up to 6 hours. Simply put, they "wake up your brain" to optimize focus, memory and endurance.

Created as a safe, prescription free alternative to drugs like Adderall, Cognitive Energy Enhancers improve thinking and focus to help users stand out in increasingly competitive business and academic environments. But progress has been slow since the first 1970s breakthrough. Now, several nootropic-based formulations are available, and they are helping to revolutionize the field.

The result? Cognitive Energy Enhancers are replacing drugs like Adderall and Concerta as the "smart pill" of choice. And without the need for a prescription, they are legal and widely available. No longer a dorm room secret, bottles of smart pills are popping up in book bags, purses, and desk drawers across the country. Users report that they feel alert, focused, and motivated. Bottom line: cognitive energy enhancers help you to reach and stay at your mental best.

What Everybody Should Know About Nootropics And Their Use

The process of improving concentration can be obtained by using substances that are active on the brain. Such substances are ginseng, rhodiola rosea, DMAE, vitamin B12 and vitamin B6. Ginseng is a plant that has a special effect by prolonging the effect of noradrenaline and giving a boost of energy. Rhodiola rosea is another plant that is scientifically proven to increase the energy when fatigue kicks in and calming down the body when stress factors appear. This beneficial effect is due to the fact that Rhodiola rosea has the same outcome as ginseng, prolonging the activity of neurotransmitters. In Rhodiola rosea's case, the neurotransmitter is the dopamine, who will have a longer action on the nerve cell.

Serotonin is another neurotransmitter involved in the mood regulation, and by influencing this system, you can achieve a better mood. Some of the best-known serotonergic substances are curcumin, piperine and L-theanine.

Adaptogenes are the substances that manage to protect the body from the non-specific stress, increasing the general resistance of the body. A few examples of adaptogens are found in ginseng, rhodiola rosea, ginkgo biloba or bacopa monnieri. The mechanism of their actions is very complex. Ginkgo biloba and bacopa both sharpen the mind, improving mental clarity and giving a more clear feeling in the head.

Gabaergic substances have an inhibitory action on the brain, relieving it from the stress a conferring a sensation of relaxation. L-theanine is one example of the gabaergic class that gives a focused, yet comfortable feeling.

Last, but not least, the vasodilators such as ginkgo biloba have a positive influence on the selective attention, short-term memory and overall functioning of the brain.

Nootropic drugs are specially designed for students and professionals or any other person interested in improving concentration and memory. The most popular nootropics contain a great variety of active ingredients that were described before, like the famous ginseng, ginkgo biloba and rhodiola rosea, but also less known but very powerful components like

alpha-GPC, huperzine-A, phosphatidyl serine, l-theanine, bacopa monnieri, green tea and DMAE.

By taking nootropics and carefully choosing the brand, you will be getting maximum activity from your brain. Due to the powerful formulas, the effects last through the whole day.

Improve Cognitive Ability Through Study Drugs

Let's begin with the basics. If you're new to Study Drugs and Nootropics, there is going to be a degree of trial and error you're going to have to play with to see which stack will work best for you. Because some brain nutrients do not require strict timing to maximize their effect and are commonly bought in health food stores, they're often the best route for beginners.

Choline & Inositol: Popularly known for their synergistic effects, Choline and Inositol are two of the most basic nootropics. In combination, the pair play a large part in healthy neurotransmitter function. Choline has a key role in the production of Acetylcholine, a neurotransmitter which studies suggest can enhance memory and has been linked to the prevention of Alzheimer's disease. Inositol, also known for its nootropic properties, is a naturally occurring nutrient that has been used to treat depression and anxiety. It also aids in memory retention and is crucial for proper brain and nervous system health.

Availability & Dosing: As mentioned earlier, Choline & Inositol are two of the most common supplements for cognitive function. So much so that they are typically sold together and can be found at nearly any local health food retailer. Unlike Inositol, Choline is not a naturally occurring nutrient and must be obtained through diet. Normally, this isn't difficult to do as Choline is found in foods such as eggs, fish, chicken, peanuts and almonds. To obtain its nootropic effects however, it is suggested to intake anywhere between 250 and 500 mgs daily. The ratio of Choline to Inositol should also be 1:1.

One thing to consider is that the word 'drugs' has always brought with it a very negative connotation, and it's easy to understand why with the destructive nature of most 'street drugs' and even some pharmaceutical drugs. What's important to remember is that nootropics are meant to enhance, not diminish, and if taken correctly can drastically improve grades and just about every other aspect of your life.

To wrap things up, Choline & Inositol are just the tip of the study drugs iceberg. With the price of tuition sky-rocketing, falling behind or failing a class is no longer something most

students can recover from financially. Chances are if you're a student, you've probably spent some time thinking about different ways to improve your grades through optimizing your study habits or techniques. Not often do people consider nootropics, likely because it is a relatively new field, however, it is the untapped holy grail for students struggling to stay afloat or those paving the way alike.

Boost Your Brainpower With Nootropics

It is often said that human beings only use ten percent of their brains. Countless movies make use of this common canard to transform ordinary characters into amazing brainiacs who can learn new languages, solve complex math equations, and even control people with their minds. Such is the storyline of the 2014 film *Lucy*, in which the titular character becomes a super genius after ingesting a nootropic drug. In spite of the fact that the ten-percent brain myth is entirely unfounded, there is some evidence that the nootropic class of drugs can improve one or more aspects of mental function.

Greatness Comes In Pill Form

Before we begin, let me disabuse you of the notion that greatness comes in pill form. If you take nootropics, you will not acquire any extraordinary, supernatural mental abilities. You will suddenly, inexplicably be able to play the piano like Mozart or write like William Shakespeare. At their best, nootropics are drugs that may enhance working memory, motivation, and attention, thereby making you seem smarter. With that said, there is little evidence that they can actually increase your IQ or turn you into some kind of mastermind overnight.

Classes of Nootropics

Sold as drugs, supplements, or foods, nootropics include several classes of drugs that may have cognitive benefits, including stimulants, nutraceuticals, and racetams. Scientific research on drugs in these groups range from comprehensive to non-existent. Let us take a moment to briefly discuss each one of them.

Stimulants

The most studied class of smart drugs, stimulants are used mainly to treat patients with cognitive and/or motor function problems that stem from disorders such as ADHD and Alzheimer's disease. Medical reviews have found that certain stimulants can improve

mental cognition in the general population, but only at low doses or concentrations. Drugs such as Adderall, Adranifil, Ritalin have proved effective at increasing cognitive control, alertness, and working memory, especially in those that have trouble concentrating for protracted periods of time. Other than caffeine, however, most stimulants are prescribed to and taken by patients with cognitive impairments. In other words, they may not produce the desired results in ordinary people who want an instant brain boost.

Nutraceuticals

Defined as any foodstuff (vitamin, mineral, herb, etc.) that is believed to provide health or medicinal benefits, nutraceuticals are quite popular in traditional Chinese and Hindu medicines. The most common cognitive benefits of this class of drugs is memory enhancement, including both the speed and accuracy of recall. These supplements are especially effective when taken for extended periods of time, since it may take for the body time to adapt to increased dosage due to the development of tolerance.

At present, the two most popular nutraceuticals are panax ginseng and Ginkgo biloba. Both dietary supplements are widely sold as memory enhancers; although different reviews come to different conclusions on their supposed benefits. Because most nutraceuticals do not have adverse side effects, they are considered to be a safe, healthy alternative to prescription medications for memory enhancement.

Racetams

Often sold as over-the-counter cognitive enhancers, drugs in the racetam family have a wide range of applications. While not the wonder drug you might see in the movies, the most popular member of the family, piracetam, may improve cognitive function without acting as a sedative or a stimulant. Although its mechanism of action is not fully understood, researchers do know that the drug increases blood flow and oxygen consumption in certain areas of the brain. Widely available for sale on the internet, racetam supplements have few reported side effects and are considered safe by most medical professionals. Many of the drugs in this class work well over prolonged periods of time. In fact, the peak benefits may not be realized for several weeks when taking some racetams. Racetam is used for memory

improvement, concentration, moods and learning abilities. Aside from this, it also helps increase cell regrowth while decreasing cell deterioration.

Here Are The Types of Nootropics

Depending on what results that one wants, there are several different types of nootropics.

Choline. Choline is generally found in the human body however, most individuals are diagnosed with deficiency. Choline is responsible for memory and learning however, they are mostly beneficial when taken with another nootropic.

Vitamin B Derivatives. These nootropics are obtained for their B vitamin effect. The supplements obtained is use to increase energy level and treat fatigue. It contains subutiamine, which helps boost memory and can be used to treat degenerative disorders.

Peptides. Noopept, the most common type for this particular type is use to allow the crossing of blood brain carrier and closely resembles the effects of Racetams. In that, it mimics the abilities of Racetam in terms of increasing alertness level, improving memory and learning capabilities as well as increasing motivation and brain energy.

Ampakines. One of the newer type of nootropics, it affects the glutamate receptors which are responsible for learning and memory but are more powerful than Racetam.

NooCube. The NooCube formula contains seven powerful ingredients designed to safely and quickly improve your cognitive functioning, that is, to Improve Memory and learning, Enable Better Communication, Enhance Concentration and focus, Improve Multitasking, and Increase Mental Energy and more.

Smart drugs. Smart drugs are not nootropics, but sometimes mistakenly called. Some of these drugs are stimulants and as such are not really nootropics. Some of the drugs are used to treat ADHD or promote concentration. Due to the possibility of addiction for people who have abused drugs in the past, some, such as Modafinil are regulated.

Other Nootropics

As with any large family of drugs, there are several nootropics that do not fit neatly into any of the aforementioned categories; either because they don't belong there or they haven't been adequately tested to determine where they belong.

Tianeptine

Used primarily as an antidepressant, tianeptine has been found to improve cognition in animal testing. Researchers have also noted a significant increase in the magnitude of synaptic plasticity in animals that were administered the drug. These results suggest that tianeptine should improve learning and memory, at least in laboratory rats. Further testing is needed to determine if tianeptine is a bona fide smart drug or simply an anxiolytic.

Whether we use 10 or 100 percent of our brains, it's clear that we don't know enough about nootropics to say with any degree of certainty how effective they might be. What we do know, however, is that some drugs in the admittedly large group have shown promising results in scientific testing. A handful of these drugs have actually earned the moniker "smart drug" because they do improve some aspects of cognitive function.

Treating Anxiety With Nootropics

Nootropics as I have already stated, are supplements or drugs that are mainly used to help with cognition enhancement, increasing memory and even sometimes repairing damage. The damage can come from either aging and also from neurological disorders like Alzheimer's disease.

A great side effect of these smart drugs is that it can also have a positive effect on your mood. Anxiolytic supplements like these have had great success in helping people with anxiety issues. They help individuals feel more relaxed and can improve their social skills and help eliminate social anxiety.

In the brain, there are many neurotransmitters that transmit signals from one part of the brain to another. One of these transmitters is called GABA or (gamma aminobutyric acid) a mouthful I know, so let's stick with GABA. Anxiety itself has been shown to have many different factors that cause the disorder. One of these is a deficiency of GABA in the brain. GABA is actually produced by a separate chemical called glutamate.

This is the main anxiolytic neurotransmitter in the brain which blocks the effects in the central nervous system. So when the levels of GABA in the brain are low, your nerve cells become more active and start firing off signals much quicker than they should. When the case is not too severe, this can exhibit itself as a feeling of nervousness and can induce panic attacks and in extreme cases possibly seizures.

Due to GABA being directly related to anxiety levels, when they are higher than usual or at least normal you generally feel at ease and generally more relaxed. This is exactly why there are many sedatives rely on stimulating these GABA receptor sites.

Surprisingly enough, alcohol is actually known as a GABA stimulant. However, as alcohol has so many bad side effects it could not be thought of as a nootropic supplement. There are however, an array of suitable GABA stimulating nootropics that have the benefits of calming that you would be looking for in order to control the feeling of anxiety.

The one issue that you would need to keep in mind however, is that the GABA supplements are not able to cross the blood to brain barrier. This renders them no good for reducing anxiety. What you would need is a nootropic that is precursor to GABA and is capable of crossing the blood to brain barrier.

There are many supplements that can penetrate through from the blood stream into the brain tissue where this process occurs. Some of these nootropics are widely available for purchase while others need a prescription from your health professional.

One of the best known supplements to relieve anxiety is called Phenibut. However, daily use of this supplement is not recommended. It can easily extend over the blood to brain barrier and activate the GABA-b receptors which causes a sedative like effect. This causes the person to relax.

There are some reports that it is equivalent to drinking little bits of alcohol, which also stimulates the GABA-b receptors. Therefore, phenibut is a good anxiolytic nootropic, but can have negative side effects when used for long periods of time. It is also a prescription medicine in a lot of countries around the world, except for the USA where it is an over the counter drug.

Another great supplement to help control mood is one of the racetam nootropics. Aniracetam is the best out of this family of supplements at treating stress and anxiety. Mainly because it activates the receptors that control the glutamate in the brain.

Previously mentioned, glutamate is the precursor for GABA production. This means that ingesting aniracetam actually has an effect on GABA even if it is indirectly. It has been documented from many trials and studies that aniracetam diminishes social anxiety and increases focus and communication.

Finally, noopept is very similar to the racetam nootropics. Although, from the many users the reports on its effectiveness has been met with some mixed reactions. Some rate it as great while others do not believe it has much of an effect for them. Noopept also stimulates the receptors that control the glutamate production.

Also, noopept has been proven to make bigger amounts of serotonin and dopamine in the cerebral cortex of the brain. It is also touted as being two hundred times stronger than the previously mentioned aniracetam. The effects of noopept also last longer, meaning that you can take it just once and feel the stress relieving effects for the whole day.

So having said that, I also have to mention that there are many nootropic supplements on the market that will help to reduce anxiety at the source in the brain. And not all nootropics are created equally, and so research should be done before diving in head first. There are many places to buy these supplements but if I were you I would do some research first mainly to find the one that would suit your own personal situation best as well as knowing what, if any, side effects there are.

Who Uses Nootropics On A Regular Basis?

Many who are just learning about nootropics for the first time, possibly yourself included, often wonder: Who are the people using nootropics on a regular basis? I once asked the same question, and having found the answer, I would like to share it with you.

Since its development in the early 1970s, nootropics have been discovered and used by many people. There are countless individuals who rely on nootropics for a variety of cognitive benefits. However, there are other uses for these nootropics also called “smart drugs.”

Nootropics Are Researched And Accepted In Most Medical Communities

One of the major communities using nootropics today is the medical community. In fact, nootropics continue to rise in popularity as new research confirms benefits for age-related diseases and mental disorders. Most notably, doctors rely on racetams to treat injuries, disorders, and more.

For instance, Pramiracetam, a member of the racetam family, has been shown in clinical testing to offer a significant improvement on cognitive deficits. Often, these deficits are the product of traumatic brain injuries, memory diseases, and others.

Racetams create these effects through interactions with target receptors in the brain and by affecting neurotransmitters and signals between neural synapses. This increases blood flow to the brain, increasing oxygen and offering relief for short-term memory loss, age-related cognitive deterioration, and even Alzheimer’s disease.

Beyond racetams there is little medical support for the treatment of various conditions using nootropics. However, this doesn’t mean that these treatments don’t exist or won’t exist in the future.

Mainstream Use is Steadily Increasing Too

More and more average people are turning to these substances for a host of cognitive benefits.

Just some of the many individuals using nootropics include:

Students

Students use nootropics to enhance focus and improve memory retention, particularly when studying for tests or completing an assignment.



Sports People

Nootropics are beginning to be used by fitness enthusiasts keen to take their performance to the next level, and are often included in workout supplements under the name of cognitive enhancers. Although working out may seem mostly physical it's important to have the focus, commitment and drive to get the most out of training sessions which is where nootropics can help.

Professionals

Many professionals use nootropics to maintain focus on work amidst environmental stressors and high pressure situations. Nootropics also improve brain health for those in stressful positions, bettering health from a long-term perspective. Read what this Professional said after using **NooCube**.

“Working with numbers all day makes for an incredibly demanding job. I need a lot of mental energy, strength and stamina to be able to solve problems with precision. Coffee was just no longer cutting it, as it left me crashing in the middle of the day so I decided to try NooCube. Because NooCube is stimulant free, my energy levels stay consistent throughout the day and I no longer feel exhausted or drained. My current clients are happier than ever with my work, and I’ve also even been able to take on new clients with no extra stress.”-
Mark, Accountant.

Truckers/Truck Drivers

Most truck drivers often drive long distances for long hours especially the so called international truck drivers. They are sometimes said to lose concentration and focus especially when they have travelled hundreds of kilometres and they have become exhausted but still want to reach a certain station or simply where they are going. This is dangerous on the road as most start dosing whilst driving. To prevent themselves from such dangers, many use and rely on nootropics such as NooCube to enhance concentration and improve on focus as well as mental clarity.

Others Using Nootropics

Other individuals use nootropics for the cognitive benefits both now and in the future. Because nootropics actually improve brain health, many use them every day, even if they aren’t in school or don’t currently hold a job. They are also suggested to help with social anxiety such as speaking to new people or public speaking which appeals to many different people.

High-Performance Professionals are Increasingly Relying on Nootropics

Whether we're referencing the founder of a start-up in Silicon Valley or a busy executive on Wall Street, more and more high-performing professionals are using nootropics for clarity and focus.

The best part is that nootropics diminish background noise caused by stress and high-pressure situations, creating an environment in which professionals pioneering innovation can thrive.

Regular Use is Essential for Anyone to See Benefits

Many individuals take nootropics once and expect to feel a difference, but this isn't always the case. Rather it's the sustained use of several nootropics you "stack" together that will produce the desired results.

So whether you're a student in need of greater concentration or a CEO looking for mental clarity amidst countless distractions, nootropics can help. However, using them properly and over time is important to realize the greatest impact.

Nootropics Offer Benefits for Any User

Whether you're healthy or suffering from some kind of cognitive disorder, young or old, nootropics can help you overcome memory, concentration, and mood issues to achieve your goals.

Explore your options today by learning more about the types of nootropics and selecting the stack that will work best for your needs, regardless of what those are!

So, if you're interested in bettering your cognitive functioning with nootropics, there are countless choices available. In fact, there are hundreds, giving you the ability to research and create a stack that offers the many benefits you expect from your supplements.



“Giving presentations and speaking publicly always filled me with dread. I used to stumble and trip over my words, start tailing off onto another topic or just forget what I was talking about altogether. When I first took NooCube, I discovered that I could ditch my note cards and confidently express my ideas. Getting my point across is much easier, even if I’m just writing an email or having a debate with friends. NooCube helps me focus and think clear, it is the real deal!” – Emma, PR Consultant.

NooCube’s formula has been researched and tested by top neuroscientists.

The Hidden Truth On How Nootropics Work Now Exposed

With several types of **nootropics** available on the internet market today, it should come as no surprise that each works in a slightly different way to produce different benefits for the brain. However, all nootropics share basic underlying processes by which they influence systems and chemicals in the brain, making them effective for most users.

Many who take nootropics or plan to take nootropics in the future don't quite understand these processes. But doing so is very important, especially when it comes to understanding the potential risks of taking these substances too.

In the following paragraphs, we are going to discuss the various brain structures and chemicals and how nootropics work in accordance with each. But first, let's take it back to the basic brain chemistry – I call this 'the basics.'

How Neurotransmitters And Receptors Work - The Basics

Before you understand anything about nootropics, you must understand how neurotransmitters and receptors function in the brain.

Neurotransmitters are chemicals in the brain that allow neurons (or nerve cells) to communicate with one another. By binding to receptors, neurotransmitters activate receptors so they can carry out particular actions in the human body. There are countless types of neurotransmitters in the brain, each of which serves its own unique role in the systems they comprise.

Nootropics target individual systems to increase the efficiency of processes taking place. This improves cognitive functioning in different ways depending on which system is being targeted.

Now, let's talk about the key systems nootropics target and what effects they can produce.

Acetylcholine - The Cholinergic System

Acetylcholine is essential to countless cognitive functions and plays a role in learning, memory, decision-making, focus, and sensory perception. Because of its large role in a variety of tasks, acetylcholine is plentiful in the brain when individuals consume a well-balanced diet.

Nootropics like Alpha GPC, a choline, as well as Citi choline support the development of acetylcholine in the brain. However, when used alone these substances don't tend to produce optimal effects for users.

Many combine cholines like Alpha GPC with racetams like Piracetam, Aniracetam, Oxiracetam, and Pramiracetam for the best results. Racetams increase the synapses in the brain related to acetylcholine while producing no more of this neurotransmitter itself. Thus, when combined with a choline like Alpha GPC, you're increasing the production of the neurotransmitter and its ability to work via synapses in the brain.

As such, a stack consisting of both cholines and racetams will improve learning abilities and memory, producing the benefits users seek.

Glutamate - The Glutamatergic System

Glutamate plays an essential role in maintaining brain health, learning, and memory. Glutamate is also converted into GABA in the brain, which is another neurotransmitter directly related to mood (in a positive way, of course!).

The brain cannot function properly without adequate levels of glutamate and when levels are either too high or too low, individuals can develop conditions such as Alzheimer's disease, ADHD, Parkinson's disease, and autism.

Racetams, peptides, and ampakines, three types of nootropics, stimulate NMDA and AMPA receptor sites to increase glutamate uptake. This can play a preventative role in protecting against the development of these health conditions while improving memory, focus, and energy levels.

Serotonergic And Dopaminergic Systems

Serotonin and Dopamine are two of the most influential neurotransmitters when it comes to pleasure and happiness. And while nootropics don't target dopamine or serotonin systems as effectively as other chemicals, they can be affected by supplements in terms of mood, motivation, focus, reward, and memory.

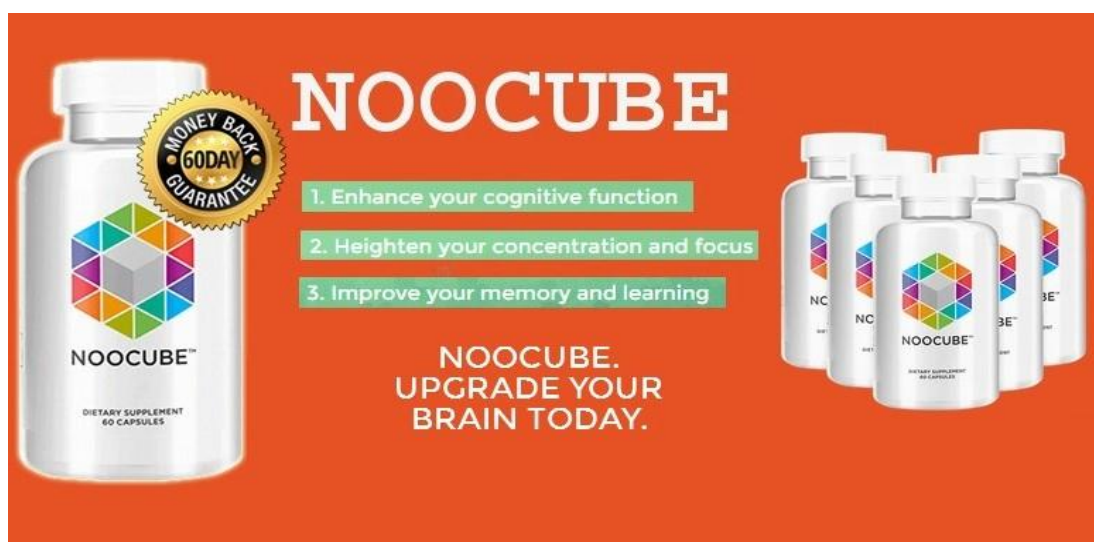
Smart drugs, particularly Adderall and Ritalin, are known to be addictive because they are amphetamine compounds that stimulate dopamine production directly. As such, you should use supplements like this with caution. There are other supplements that directly impact serotonin, though they aren't addictive nor are they typically classified as nootropics.

However, it's worth noting that very specific types of nootropics can affect dopamine and serotonin receptors, though not as extensively as acetylcholine or glutamate.

It's Important To Understand How Nootropics Work Before Taking Them Yourself

After all, you should want to understand how each chemical can affect your brain structure and processes before introducing nootropics to your body.

With a basic comprehension of neurotransmitters and synapses, you'll have a more complete understanding of how all nootropics work. However, you should research the effects and processes of each nootropic you're considering to ensure you know everything you should before consumption.



In fact, doing so ensures you're getting the benefits you expect as well, making it all the more essential before you create and take your own stack.

However, I did all the hard work of research for you and found the best Nootropic that have most of the ingredients mentioned in the above nootropics and other not mentioned, thereby creating the best stack for you! This nootropic I'm talking about is called [NooCube](#).



The NooCube formula contains seven powerful ingredients designed to safely and quickly improve your cognitive functioning, that is, to Improve Memory and learning, Enable Better Communication, Enhance Concentration and focus, Improve Multitasking, and Increase

Mental Energy and more. The following are the 7 natural ingredients contained in NooCube and how they work.

Huperzine-A

An extract from the Chinese club moss plant, Huperzine-A is an acetylcholinesterase (AChE) inhibitor. AChE breaks down the learning neurotransmitter acetylcholine. By preventing acetylcholine levels from decreasing, Huperzine A creates a surplus of acetylcholine, which can lead to improved mental clarity, concentration and memory. There are countless studies supporting the role of Huperzine in enhancing cognitive function and improving memory, most notably in relation to Alzheimer's disease.

Cat's Claw

Derived naturally from *Uncaria tomentosa*, a vine that grows in the Amazon rainforest, Cat's Claw is believed to have neuroprotective benefits. It contains antioxidants that can help enhance the body's natural ability to repair environmental-stress related DNA damage to cells. By helping repair the DNA damage that can lead to cognitive decline and memory loss, Cat's Claw can help improve your brain health and cognitive performance.

Alpha GPC

Alpha Glycerylphosphorylcholine (Alpha GPC) is thought to increase levels of acetylcholine in the brain. Acetylcholine is a neurotransmitter – chemical messengers that communicate between brain cells. It is important for memory, learning and concentration, which is why it is known as the learning neurotransmitter. Alpha GPC has demonstrated such a strong ability to improve cognitive function, it is considered a possible treatment for Alzheimer's disease.

L-Theanine

Found in green and black tea, L-theanine is an amino acid that can help relieve stress while stimulating neurotransmitters in the brain, creating a relaxed but alert feeling.

Bacopa

The Indian herb *Bacopa monnieri* contains compounds called bacosides which are thought to help repair damaged neurons and promote new nerve growth. This improves neuron communication with the brain, helping improve your cognitive function and mental performance. This protective effect on neurons and nerves is why bacopa is yet another of NooCube's ingredients that has drawn interest over its potential as a dementia and Alzheimer's treatment, and numerous studies have demonstrated its positive effects on cognitive function and age related cognitive decline.

Oat Straw

Also known as *Avena sativa*, Oat Straw comes from wild green oats and has been used as a brain booster in folk medicine since the Middle Ages. Oat straw is believed to work by increasing alpha-2 waves in the brain – which are highly active during periods of wakefulness – as well as controlling inflammation within artery walls. This increases blood flow to the brain, helping you feel more awake and alert.

L-tyrosine

L-tyrosine is another amino acid that stimulates the production of dopamine and noradrenaline. This increases mental alertness and focus, all while reducing the effects of stress and fatigue on the brain.

The Top 5 Benefits of Nootropics

With the promise of improved brain functions like memory retention, focus, and attention spans, nootropics offer countless benefits to students, working professionals, and others alike. And while some still worry about the potential side-effects of drugs, nootropics promise safety with little to no negative effects, making them a perfect choice for virtually anyone.

If you've been considering a nootropic stack to enhance your day-to-day functioning, you should also understand the full range of benefits you stand to gain by doing so. Below, we're discussing the top 5 benefits of nootropics to give you just a small glimpse of the benefits, both cognitive and otherwise, you stand to gain.

Improved Concentration

One of the foremost benefits of any type of nootropic is increased concentration. In fact, this benefit is common to racetams and vitamin b derivatives, amongst others.

Most children and adults struggle with concentration, whether they've been diagnosed with a condition such as ADHD or just have a difficult time focusing on their own. With nootropics, you can eliminate feelings of forced concentration while focusing on important tasks for more than just 1 to 2 hours at a time.

The best part is that nootropics maintain alertness and clarity of thought as well, keeping you motivated to stay on task.

Enhanced Memory

Most people don't struggle to read a textbook or learn new information. But when asked to recall the information later in the day or further in the future, most have a difficult time doing so.

Nootropics support memory by repairing and enhancing memory-related functions such as your working memory and ability to recall new and existing information. Because many nootropics also boost brain cell growth and improve connections between neurons, you can recall information more quickly as you'll experience greater synaptic plasticity (a benefit specific to ampakines).

Cholines, racetams, and vitamin B derivatives are all known for enhancing memory as well, giving you multiple choices when building your stack.

Improved Brain Health

Most of us don't take care of our brains like we should. In fact, stressful, busy schedules coupled with poor health and dietary choices cause many issues and take a toll on our general brain health.



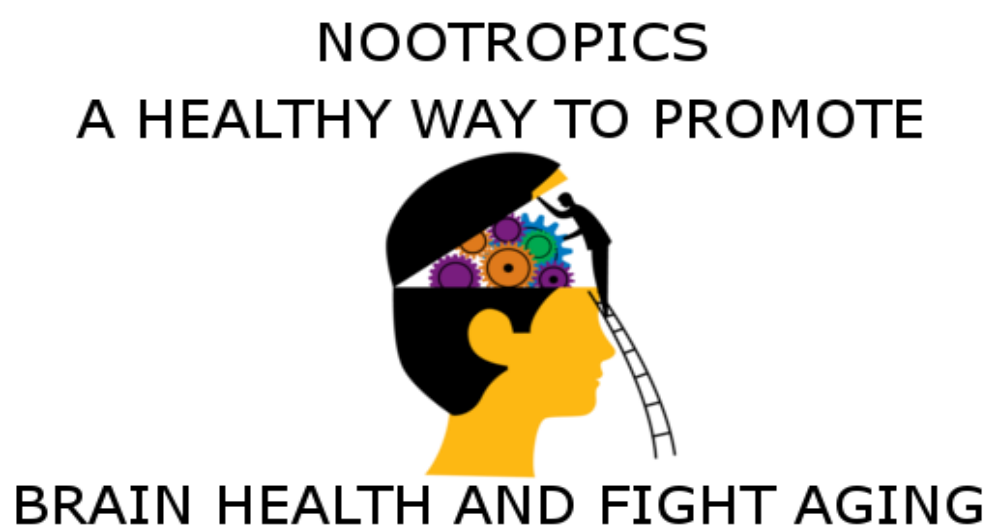
Nootropics combat these negative effects by increasing oxygen flow to the brain while better maintaining neurons and other brain cells. This is the same reason why nootropics like vitamin b derivatives and cholines are a preferred choice for Alzheimer's patients as it reduces the deterioration that occurs naturally with age.

Further, several nootropics are known for promoting the growth of brain cells, which protects younger individuals as they age. As such, creating a stack that includes these types

of nootropics is a preventative measure that will work to your benefit both now and in the future.

Anti-Aging

Most individuals understand that stressors and diminished brain health result in common problems like poor memory. What some don't know is that these same issues can cause premature aging and common problems like decreased metabolism, wrinkles, and impaired vision.



You can combat these issues on your own by committing to a healthy lifestyle with regular physical activity, but the stressors and damage you've done to your brain remain. Luckily, nootropics can calm the brain while diminishing the damage done, reducing signs of aging in the process.

Improved Mood

Reduced concentration and focus can be caused by any number of factors. However, one of the most common reasons you can't focus is tied to your mood. Foul moods are often caused by irregular sleep patterns and poor eating habits.

Nootropics improve mood by stimulating mood-enhancing receptors in the brain. This empowers people to overcome the anxiety, stress, depression, and other issues they've been experiencing, increasing focus and memory in the process.

Vitamin b derivatives, like sulbutiamine, are closely tied to improved mood.

Creating Your Perfect Stack Will Deliver These Benefits and More

When you want to access the full range of benefits nootropics have to offer, creating your own stack, or combination of various nootropics, can help you achieve just that. This means you will be able to enjoy the benefits above, as well as others you find unique to your own body and tissues.

MOST POPULAR & BEST RESULTS

Option	Product	Retail Price	Savings	Final Price
1 BOTTLE	NOOCUBE™ (60 capsules)	£39.99	£10.00	£29.99
3 BOTTLES + 3 FREE	NOOCUBE™ (360 capsules)	£179.94	£89.97	£89.97
2 BOTTLES + 1 FREE	NOOCUBE™ (180 capsules)	£89.97	£29.99	£59.98

FAST & FREE SHIPPING

With these benefits and more, it's simple to see why more and more people are turning to nootropics to intensify focus, improve memory, and to protect brain health, especially as they age. And when you want to do the same, all you have to do is **begin your own nootropics regimen** (trust me, you'll be glad you did!).

Are The Benefits Of Nootropics Backed by Science?

With nootropic popularity skyrocketing on the internet more than before, skeptics and enthusiastic supporters alike are wondering the same question: Are the benefits being touted by many *actually* backed by science?

A quick search of the Internet will reveal support for both sides of the debate. However, it's simple to see that when it comes to **nootropics**, though there hasn't been extensive research completed, that which confirms the countless benefits nootropics users expect.

Is the *Idea* Behind Nootropics Plausible? Research Says Yes!

Nootropics are part of a category of drugs known as performance and image enhancing drugs (PIED). This category of drugs is known to enhance everything from memory and cognition (which is the specific role of nootropics) as well as athletic performance and sexual performance too.

For the purpose of this report, we're only concerned with the idea of nootropics as beneficial for memory and cognition. And to be sure, what research reveals it's likely that specific chemicals can target metabolic or nutritional components of the brain functions to enhance functioning in particular areas - whether in neurotransmitters, neurons, synaptic connections, or otherwise.

While most of the [research](#) conducted on nootropics is on their ability to improve memory functioning in individuals with Alzheimer's disease or other medical conditions, additional research on healthy individuals shows great promise. This is particularly true of sought-after benefits such as improved learning and memory performance, protection against cell damage, and the ability to maintain task focus.

A Sample of Established and Recent Studies Reveals the Multitude of Promised Benefits in Action

From 1972 to as recently as 2016, nootropics have been clinically tested and confirmed for their positive benefits. In fact, emerging research continues to confirm both the present and

future preventative benefits of the supplements, making them ideal for young, middle-aged, and elderly users alike.

Much of the early research focused on racetams and in particular Piracetam, with more recent study focusing on “smart drugs”. However there are also a number of studies into natural nootropics ingredients.

For example, a [1999 study](#) on huperzine-A, a key ingredient in [NooCube](#), reveals that after being given huperzine for 4 weeks, young adolescents demonstrated improved learning and memory performance when compared to placebo groups. Another [study from 2011](#) revealed that L-tyrosine, an amino acid, improved cognitive flexibility (i.e. the ability to switch between thinking of one concept to another) when compared to a placebo population.

Many potential nootropic users do so for the preventative or treatment benefits as well. Substances like Cat’s Claw [have been found](#) to destroy different types of free radicals in the body, preventing cell damage that can cause cognitive disease or premature aging. Some other nootropics, such as Alpha GPC, [have been found](#) as recently as 2013 to provide consistent improvements for Alzheimer’s patients on cognitive tests after taking the substance just three times daily for 180 days.

Additional research continues to emerge regarding these demonstrated benefits, amongst others. This convinces new individuals each day to create a nootropic stack for their own use.

Research Supports The Use Of Nootropics In Both Healthy And Unhealthy Individuals

According to both research and common belief, nootropics hold promise for improved cognitive functioning. And with a growing body of research to back it up, there is great reason to explore the use of nootropics for your own benefit.

Putting into consideration the existing research, it appears nootropics are most useful in treating neurological disease and repairing damage to the brain. Hence, there is much to be

said about increased cognitive performance both in healthy adolescents and cognitively declining elderly individuals as well.

Nootropics are thought by many to be an effective way to improve mental functioning, no matter your age or current mental state. This is when you combine it with healthy habits such as proper sleep, exercise, and diet.

For years to come, and with the right research into which types of nootropics best suit your needs, you'll soon have the ideal stack to elevate your cognitive functioning and maintain brain health.

What Next?



As you have noted, nootropics are not a new thing, they have been used and researched since the 1960's. They help improve cognitive function and reducing anxiety levels by boosting certain chemicals in the brain. They are safe and have little to no negative side effects. To learn more about these nootropics go to [Your Health Priority](#) website and browse my informative pages about nootropics.

If you want more **testimonials** on how most people are benefiting from nootropics and particularly NooCube, visit the [Testimonial Page](#) on the official website.

If you want a **guide to nootropics**, visit the [Guide to nootropics Page](#) on the official website of Noocube™.

If you want a **NooCube Review**, visit yourhealthprioity.com website and read on the [NooCube Review Page](#) for a more detailed review.

If you want to **Order** NooCube, visit the [Order Now Page](#) on the official website. I strongly recommend that you don't purchase NooCube from Amazon, eBay, or any other websites. These products are counterfeit supplements. Don't be misled by their cheaper prices, when they won't even offer any benefits to your mental cognitive efforts.

