



# A Guide to Nootropics

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## How Do Nootropics Really Work?

With several types of nootropics available, 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 vital, especially when it comes to understanding the potential risks of taking these substances too.

Below, we're discussing the various brain structures and chemicals and how nootropics work in accordance with each. But first, let's take it back to the basics (basic brain chemistry, that is).

### **The Basics: How Neurotransmitters and Receptors Work**

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 discuss the key systems nootropics target and what effects they can produce.

### **The Cholinergic System: Acetylcholine**

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 citicholine 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.

### **The Glutamatergic System: Glutamate**

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.

### **Dopaminergic and Serotonergic Systems**

Dopamine and serotonin 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.

# Natural Nootropic Ingredients You Should Know

Natural nootropics are often dismissed by potential users because they don't offer the same power or potency that synthetic nootropics do. But before you do the same, you should consider the clinical research and studies that reveal just how beneficial natural ingredients can be for both your body and mind.

Below, we're discussing 5 natural nootropic ingredients you should know for their safety and proven effectiveness. By the end of this article, we're convinced you'll give the natural ingredients (and possibly even [NooCube](#) and its synergistic blend of them) a shot!

## Ingredient 1: Huperzine-A

Huperzine-A is an extract from a Chinese club moss plant that is used to break down the learning neurotransmitter acetylcholine. Acetylcholine is a chemical used by nerves to communicate not only in the brain but in the muscles and other areas of the body as well.

Huperzine-A works as an acetylcholine (AChE) inhibitor and ensures that levels of this chemical don't fall in the body. By doing so, users experience improved mental clarity, better concentration, superior memory capacity, and protection against age-related memory impairment. In fact, this ingredient is commonly used for Alzheimer's patients to increase alertness, energy, and memory.

## Ingredient 2: Cat's Claw

Straight from the Amazon rainforest, Cat's Claw is naturally derived from a vine known as *Uncaria tomentosa*. Its primary use is not for memory or concentration but rather for conditions such as osteoarthritis and rheumatoid arthritis. It is one of the most popular herbs in the United States and is used to treat a variety of conditions beyond those already listed.

In addition to these primary uses, cat's claw is well-known for its ability to stimulate the nervous system, enhancing the body's natural ability to combat environmental stress that often causes cell damage. By repairing the brain and body's cells in this way, cat's claw improves brain health and cognitive performance, especially as people age.

## Ingredient 3: Bacopa

Bacopa is an Indian herb rich in compounds called bacosides. These compounds are thought to not only repair damaged neurons but to promote new nerve growth as well.

Bacopa's ability to improve cognition is thought to be a result of reduced anxiety. Because it improves neuron communication with the brain, users both old and young benefit from improved mental performance and memory formation. Because *Bacopa monnieri* functions as an adaptogen, some individuals may experience a decreased capacity to work after taking it.

The herb is widely used in treating symptoms of dementia and Alzheimer's, giving it a positive influence over age-related cognitive decline.

#### **Ingredient 4: Oat Straw**

Cultivated from wild green oats, oat straw (also known as *Avena sativa*) has been used as a brain supplement in folk medicine since some time in the Middle Ages.

The herb is widely known for its ability to soothe both the brain and nervous system by increasing alpha-2 waves in the brain. By also controlling inflammation common within artery walls, oat straw increases blood flow to the brain, prompting users to become more awake and alert as a result.

#### **Ingredient 5: L-Theanine and L-Tyrosine**

Naturally found in both green and black tea, L-theanine is an amino acid that relieves stress and stimulates neurotransmitters in the brain. This simultaneously relaxes the body while creating a relaxed, yet alert state that allows users to focus without natural stressors.

L-tyrosine is another amino acid that plays an essential role in the creation of dopamine and noradrenaline, two neurotransmitters that also support mental alertness and focus. This allows the substance to reduce the brain damage and other bodily harm associated with stress and fatigue while enhancing focus, giving it its role in many nootropic substances.

#### **Natural Ingredients are Powerful in Nootropics...**

...and while natural nootropics may not hold the same potency as synthetic nootropics, protecting your health is worth the trade off. And luckily, all of the above ingredients combine in NooCube.

NooCube is a nootropic blend that supports and enhances focus, mental speed, and memory. By blending a unique combination of vitamins, amino acids, and other building blocks for a healthy brain, NooCube supports your memory, learning, and repairs brain damage, giving you all of the benefits a nootropic should.

Find out more about NooCube to decide if it offers the benefits you expect from your nootropics!

## **The 7 Types of Nootropics You Should Know**

If you have any interest in nootropics, one of the first steps you should take is developing a better understand of each type. After all, with seven to choose from you must understand what each does to select the right choice for your specific needs.

Each type of nootropic stands distinct from the rest and while some have been around for decades since the initial discovery of nootropics, others are relatively new and were released only years ago.

The seven types of nootropics include: Natural/Herbal, Racetams, Cholines, Peptides, Vitamin B Derivatives, Ampakines, and Smart Drugs. Below, we're discussing each, including their unique properties and benefits, to ensure you're equipped with the knowledge you need to construct your own ideal stack.

### **Natural/Herbal Nootropics**

Natural/herbal nootropics are plant-based nootropics that offer a host of natural benefits. Most notably, they increase brain health and functioning.

Being plant-based, many of these ingredients have been used for thousands of years; it's just that people didn't know at the time they were using nootropics! Many of these ingredients are also backed by a number of studies showing their positive effects on brain health.

Because they are natural, they are incredibly safe, giving peace of mind to those who are apprehensive to try nootropics for the first time.

**Popular Options:** Valorcine, Bacopi Monneri, and Ginkgo Biloba

### **Racetams**

If one type of nootropic were most popular, it would be racetams. After all, the first ever nootropic synthesized by Dr. Giurgea was Piracetam, one of the most popular nootropics to this day.

All racetams share a similar structure and are composed of hydrogen, oxygen, and nitrogen. Each is known to improve core cognitive functioning such as memory and focus while simultaneously boosting mood and improving energy levels.

Racetams are also known to be neuroprotective, meaning they increase cell regrowth while protecting against deterioration.

**Popular Options:** Piracetam, Pramiracetam, and Oxiracetam

### **Cholines**

The majority of people are choline deficient, though it is a water-soluble nutrient found naturally in the body. But because it is essential for both brain functioning and health, supplementing your body with the substance is essential.

Although choline nootropics offer benefits such as memory and learning improvements, they are typically taken with other nootropics, specifically racetams. When combined, racetams stimulate acetylcholine receptor sites, allowing for the synthesis of choline nootropics and amplifying their results.

Each choline nootropic offers different benefits. For example, Citicoline increases dopamine levels in the brain while Alpha GPC increases memory and learning, even amongst Alzheimer's patients. Learning more about each is important prior to making a purchase.

**Popular Options:** Citicoline, Centrophenoxine, and Alpha GPC.

### **Peptides**

Peptides are similar to racetams, though the most popular option, Noopept, is widely thought to be much more potent than Piracetam. These nootropics offer benefits similar to racetams as well by improving learning capabilities, energy, alertness, memory, and motivation.

As Dr. Skondia required of nootropics, peptides are well-known for their ability to cross the blood-brain barrier. As such, you can take less while enjoying the same results you expect.

Specifically, Noopept stimulates the release of Nerve Growth Factor, a protein essential for the growth and maintenance of neurons and nerve cells throughout the brain and body. By stimulating AMPA and NDMA receptors, this nootropic functions similarly to racetams and ampakines, promising great results for users.

**Popular Options:** Noopept

### **Vitamin B Derivatives**

Although a small category, Vitamin B derivatives form another major type of nootropics and are used to combat fatigue while increasing both energy and alertness.

Vitamin B derivatives were first synthesized in Japan because the population was deficient in Thiamine, or Vitamin B1. Since then, it has become more popularized and is also used to improve memory by affecting choline, glutamate, and dopamine levels in the brain.

This category of nootropics is well-known for its positive effects on both Alzheimer's patients and schizophrenics, giving it a more mainstream use.

**Popular Options:** Sulbutiamine

### **Ampakines**

As one of the newest forms of nootropics, ampakines are also amongst the most potent options available. Like peptides, ampakines stimulate AMPA and NDMA receptors, thereby increasing glutamate levels in the blood. Glutamate is a neurotransmitter that greatly affects synaptic plasticity, making it essential for proper learning and memory.

Ampakines are often used as alternatives to stimulants such as Ritalin or something as mainstream as caffeine. However, they aren't associated with the same negative side effects such as anxiety, insomnia, and a general feeling of restlessness.

Because there is little research on ampakines at the moment and they are relatively new, it's best to stick with popular options if you want to add these nootropics to your stack. However, they are generally more expensive than other available options.

**Popular Options:** Sunifiram and Unifiram

### **Smart Drugs**

Smart drugs are typically not nootropics. In fact, most of the substances that are classified as smart drugs do not pass the standards set by Dr.'s Giurgea or Skandia upon the initial discovery of nootropics.

Instead, smart drugs are amphetamine-based, making them stimulants (for example, Adderall). However, there are some drugs like Modafinil that is thought of as a nootropic because it increases levels of the neurotransmitter hypocretin, increasing energy, alertness, and motivation.

Several smart drugs, including Modafinil, are heavily regulated and restricted in the United States. As such, most users turn to alternatives like Adrafinil as an alternative because it converts into Modafinil upon digestion.

**Popular Options:** Adderil, Modafinil, and Adrafinil

### **Educate Yourself to Choose the Best Nootropics for Your Needs**

Whether your goal is to increase synaptic plasticity with ampakines, improve memory and energy with racetams, or take a bet on smart drugs, there is a nootropic for everyone.

By learning more about each of the types of nootropics above, you can do your part to ensure you're creating a stack that will promise the benefits you want. With the right combination, you'll have the energy, focus, and drive to take on every day, all while improving your long-term cognitive health in the process.

### **The Legality and Ethics of Nootropics: What You Should Know**

If you search online regarding the legality and ethics of nootropics, you're going to get a variety of answers. And with no definitive answer as to whether certain substances are legal, many are left wondering whether they should purchase the drugs at all - no matter how effective they're thought to be.

Most of the confusion regarding the legal and ethical nature of nootropics comes from the fact that there are hundreds of nootropics available. And while each is technically one of the 7 types of nootropics, each also comes with its own risks and chemical makeup, leaving a lot of grey area in this debate.



Further, countries around the world have different laws and regulations governing nootropics, making it all the more confusing for potential users desperately seeking a definitive answer to this question.

Luckily, there are *some* answers we can offer to readers. And below, you'll find the information you need to settle the debate (at least for yourself).

### **Legality vs. Regulation: Understanding the Difference**

Many get confused regarding the legality of nootropics because some substances are regulated, especially in the United States.

In the United States, there are different substances that are controlled under federal or state law. For example, all prescription drugs are considered controlled substances. This means that if you possess and use the drug without a prescription, you are breaking the law.

However, most nootropics are not controlled substances. In fact, most racetams (i.e. Piracetam, Aniracetam, Oxiracetam), cholines, and some smart drugs aren't regulated by state or federal law. This means that you may purchase, possess, and use the drugs without a prescription or the fear of legal consequences.

The actual sale of certain nootropics can make it more difficult to obtain some over others. In fact, it depends on the category that each chemical/supplement falls under when it comes to where and how they are sold. For example, some nootropics may be considered food products whereas others are nutritional supplements. If a nootropic is a nutritional supplement, it is regulated but only so far as its production process.

This grey area is intimidating for some and at the very least can make it difficult to obtain certain nootropics.

### **Some Nootropics are Illegal, Though Most Aren't**

While their status in foreign countries varies, some nootropics are considered illegal in the United States because they are prescription drugs.

Modafinil and Adderall, both of which are classified as smart drug nootropics, are both controlled substances in the United States. As such, it is illegal to own and use the drugs in the United States, though you could obtain them online from a foreign country. However, many nootropic enthusiasts don't consider smart drugs to be true nootropics.

If you purchase racetams, cholines, peptides, or any of the other 6 types of nootropics, you won't be bothered by the law. In fact, all are legal and while they might be difficult to find, you aren't doing anything illegal by making a purchase.

### **Even if It's Legal to Use Nootropics, Is It Ethical?**

Now that we've established that it's legal to use most nootropics, there's another question lingering: Is it ethical to do so?

The answer: It depends on your own perspective and beliefs.

For those who believe it isn't ethical to use nootropics, they believe so primarily because it is thought to provide an unfair advantage, particularly in competitive workplaces and academia. These same individuals often share the belief that there is unequal access to the drugs as well, making it even more unethical to use them and/or rely on them as a vice like alcohol or nicotine.

On the other side of the debate are those who believe that if there's something that can put you ahead of the rest, you should take it. This belief is growing as the workplace and academic settings become increasingly competitive. Likewise, this side of the debate believes individuals should have the free will to make their own decisions based off the information readily available.

No matter which line of thinking you agree with, it's important to consider your own ethical perspective on the matter before making a decision. This means analyzing whether using nootropics is not only good for yourself, but for society as a whole as well.

### **There is Much to be Learned About the Legality and Ethics of Nootropics**

And while nootropics are currently legal and ethical to most, this can (and will likely) change as time progresses.

Ultimately, it's a personal choice as to whether you want to use nootropics and believe doing so is the "right" decision. By informing yourself as to what all conflicting sources say, you can form your own opinion and take action as you see fit.

At the very least, most individuals agree that there are benefits to nootropics, whether for medical or personal use. As such, it's clear why this debate pushes forward and changes the way many view nootropics, whether in a positive or negative fashion.

## **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 their 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 issues.

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 us, you'll be glad you did!).

## **What are nootropics/smart drugs?**

### **So, What are Nootropics?**

Known foremost for their ability to increase attention spans, intensify focus, and aid studying, nootropics are a term people are hearing now more than ever before. But few understand what nootropics actually are, let alone what makes a nootropic a nootropic.

At NooCube, we understand the broad range of cognitive benefits offered by nootropics. And if you've ever wondered what they are, how they work, and what to expect should you take them for your own mental capabilities, you'll find all the information you need below.

## **Nootropics is an Umbrella Term That Refers to Several Chemicals...**

...some of which are natural and others manmade, though all offer a range of cognitive benefits to the brain. 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:

- The substance should enhance memory and the ability to learn.
- The substance should help the brain function under disruptive conditions, such as hypoxia, or low oxygen levels, and electroconvulsive shock.
- The substance should protect the brain from chemical and physical assaults, such as anti-cholinergic drugs and barbiturates.
- The substance should increase the efficacy of neuronal firing control mechanisms in cortical and sub-cortical regions of the brain.
- The substance should lack a generalized sedative or stimulatory effect. It should possess few or no side effects and be virtually non-toxic.

From this list alone, you can see the rigorous set of principles a chemical must meet to be elevated to the class of nootropics. That's why some even refer to nootropics as "miracle drugs," since it seems like only a select handful are actually true nootropics in accordance with these discerning standards.

### **But, Where Did Nootropics Originate?**

Dr. Giurgea, a Romanian doctor, first discovered nootropics after synthesizing piracetam, still one of the most popular nootropics today. The word nootropics itself means literally to turn/to bend the mind (nous meaning the mind and trepein meaning to turn or bend).

From this initial discovery, several other nootropics have been identified and classified. Today, there are seven types of nootropics in regular use that stand in a class of their own from other common cognitive enhancers.

### **So, How do Nootropics Work With the Brain?**

Unfortunately for some hopeful users, nootropics cannot instantly boost your IQ or improve your intellect. However, they do boost normal brain functions by increasing the production of and signaling of several vital neurotransmitters.

Neurotransmitters are chemicals that allow neurons in the brain to communicate and work together. By increasing production and enhancing signaling, nootropics increase the efficiency of the signals already occurring within the brain.

The result?

Better memory, improved concentration, better moods, greater mental processing capacities, and generally longer periods of focus.

One of the most significant benefits of nootropics is that through regular use, you can take temporary benefits and begin to alter the functioning of your brain. Specifically, you will begin

to improve the synaptic plasticity of neurons. This improves cognitive functioning from a long-term perspective while enhancing cognitive capacities as well.

Of course, different types of nootropics offer different benefits to the brain. Thus while some will improve synaptic plasticity, others will increase blood flow to the brain in a process known as vasodilation. This process improves the flow of oxygen, nutrients, and glucose to the brain, enhancing both memory and focus in the process.

Other nootropics can even slow down the aging process and prevent damage to the brain while stimulating the growth of both neurons and neurites. As such, nootropics prove beneficial for students and older individuals alike.

### **Alternative Criteria for Defining Nootropics**

Although Dr. Giurgea was the first to discover and define a criteria for nootropics, he wasn't the last. In fact, Dr. V. Skondia offered his own classification criteria as well by focusing on the metabolic effects of nootropics:

- The substance possesses no direct vasoactivity (vasodilation or vasoconstriction).
- The substance shouldn't change basic EEG rhythm.
- The substance must cross the blood brain barrier.
- The substance must possess metabolic activity in the human brain.
- The substance must have little to no side effects.
- The substance must undergo clinical trials that reveal metabolic cerebral improvement.

The most obvious difference between the two competing definitions is that Dr. Giurgea believed nootropics should enhance learning and memory whereas Dr. Skondia believed the substance should enhance brain metabolism. As such, the theories agree that all nootropics enhance cognitive functioning in one way or another but not all cognitive enhancement drugs can be classified as nootropics.

### **Explore Nootropic Solutions for Your Cognitive Functioning**

In today's society, taking certain chemicals or supplements can be seen as taboo, especially when they aren't mainstream. However, society is growing to be more accepting of nootropics for their positive and long-term effects on cognitive health while causing little to no negative (or otherwise unharmed) side effects.

By learning more about nootropics, you can ensure you select the right type for your specific needs while better understanding how these chemicals work with your brain to produce the positive effects revered by many. And, once you use them yourself, you'll better understand just why doing so is a smart investment in your future.

## Who Uses Nootropics?

Since its development in the early 1970s, nootropics have been discovered and used by many. But with mainstream acceptance and awareness still in development, 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?

Truth be told, there are countless individuals who rely on nootropics for a variety of cognitive benefits. However, there are other uses for these so-called “smart drugs” as well.

### **Nootropics are Researched and Accepted in Some 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.

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.

**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.

**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.

**Others** – Other individuals use nootropics for the cognitive benefits both now and in the future. Because nootropics actually improve brain health, many use them everyday, 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!