

Your Guide To Nootropics & Cognitive Enhancers

By Parker Sing, NTP

Nootropics is a blanket term describing supplements, pharmaceutical drugs, or other products that boost various aspects of the brain. These products support areas such as cognitive function, memory, motivation, and creativity. Most popularly used by students, the growing trend has started making its way into the business world as well, as with the elderly, making them a billion-dollar industry as of 2015. The active ingredients in Nootropics usually consists of some or all of the following:

- **L-Theanine:** Has been shown in conjunction with caffeine to increase alertness, attention, and task switching. (I was going to write a joke about that, but I haven't had my coffee yet for the day.)
- **Huperzine A:** According to published research, this nutrient works as a powerful acetylcholinesterase inhibitor. Making acetylcholine more available in the brain has been shown to increase memory. Effects work best in those that have imbalanced neurotransmitters. Pharmaceutical derivatives are currently being tested for treating Alzheimer's.
- **Levodopa:** Although not available in our line, a systematic review of this nutrient showed that it supports verbal episodic memory and episodic memory encoding.
- **Ginkgo Biloba:** Ginkgo Biloba has been studied as a possible nutrient for those dealing with dementia, although there are conflicting reports of its efficacy. It can also help with cognitive function.

Below are the Biotics Research products that are designed to support cognitive function.

Cognitive Enhancer™

Cognitive Enhancer™ is fantastic for helping those with memory! It rebalances neurotransmitters in the brain, leading to better memory recall and general cognitive function. Typical dose is (1) upon rising and (1) at noon.

Nuclezyme Forte™

Although originally designed as a multi-vitamin for seniors, it has been given new life as a cognitive aid. Nuclezyme-Forte gives a healthy balance of B-vitamins as well as RNA and DNA support. Standard dose is (1) 3x each day.

Neuro-5-HTP Plus™

Neuro-5-HTP Plus™ contains L-theanine and other B-vitamins. Interestingly, this product also works well for stress, making it a serious contender for the "student's best friend" award! Typical dose is (1-2) upon rising and (1) at noon. If it makes you too sleepy and relaxed, feel free to lower the dose.

NeuPerzine®

NeuPerzine® contains 100mcg of Huperzine A. Typical dose is (1) 2x each day.

Give Your Brain a Boost

Consider adding these products to your supplement cabinet... I recommend you do it now before you forget!

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