

FAST FACTS

Nootropics

Cognitive enhancers

What

Nootropics refers to a group of substances that have the effect of improving cognition, memory and brain function. Pharmaceutical nootropics, often referred to as 'smart drugs' are prescribed for people who have sustained a brain injury, have been diagnosed with dementia, or memory disorders, and in some cases as treatment for learning disorders. Non-pharmaceutical nootropics include a range of nutrients, plant extracts, and medicinal mushrooms that have been shown to positively promote brain function and memory, and are commonly used by people interested in improving cognitive performance, and reducing brain fog and fatigue.

How they work

Nootropics work in a number of different ways depending on the substance. Common actions of nootropics include improving blood flow to the brain, antioxidant to reduce free radical load, neuroprotectant to protect the brain cells, adaptogenic to improve the body and brain's resistance to stress, mood enhancing offsetting the effects of anxiety, as well increasing the production and function of brain neurotransmitters such as acetylcholine.

Some common non-pharmaceutical nootropics include Panax ginseng, Ginkgo biloba and Bacopa monnieri which increase blood flow, are antioxidant, neuroprotective and improve cholinergic neuron function. Supplemental choline improves the production and function of the brain neurotransmitter acetylcholine. Lions Mane mushroom has been shown to increase neurotrophins such as brain derived neurotrophic factor (BDNF) and nerve growth factor (NGF) which are involved in brain plasticity and the formation of neuronal pathways in the brain.

Learn more

[Mind Lab Pro](#)



Pros

- Improves cognitive performance
- Improves memory
- Slows brain degeneration
- Reduces cognitive fatigue and brain fog
- Reduces free radicals impairing brain function
- Improves brain cell metabolism

Cons

- Most nootropics are relatively slow acting, so consistent supplementation over time is required to derive benefit
- Some people may experience unwanted side effects from using nootropics. It's recommended to consult a qualified health professional for advice on correct combinations and dosing of nootropics

Contraindications

May effect action of other supplements and medications. People taking medications for neurological conditions, anxiety, depression, or learning disorders are advised to consult their doctor before taking nootropic supplements.