Nootropics Are All The Craze At The Moment. Here's What You Need To Know

Categories : General

From blockbuster films to underground novels, the concept of unleashing the full potential of the human brain has captivated the imaginations of millions. Imagine being able to take a pill to experience a rush of concentration, focus and deeper levels of thinking. While this may seem like science fiction, there are a group of supplements designed to accomplish just that. These wonder supplements are known as nootropics and while they come in a variety of types and functions, its foundation is universal – to increase the functionality of your brain through chemical and neurological stimulation.

Nootropics – A Brief Overview
Also referred to as cognitive enhances, neuro enhancers and smart drugs, nootropics are a specialized class of compounds designed to improve one or more mental functions by improving the function and activity of specific neurotransmitters. Imagine your brain as a complex network of Internet cables. In order to increase the flow and speed of information, the bandwidth of these connections must increase. In the most basic sense, nootropics increases your mental bandwidth, which allows greater amounts of information to flow and dramatically increases processing speeds. By increasing the activity of neurotransmitters, many experience improved memory, intense concentration, prolonged focus and mood elevation.

The concept of stimulating brain function through supplementation is nothing new. In fact, the modern pharmaceutical industry thrives on the distribution of synthetic stimulants, such as Adderall. However, these cognitive enhancers come at a high risk of dependency, overdose and adverse health effects. Nootropics differ as these compounds work with your body to naturally increase the activity of neurotransmitters, which in many cases permanently enhances them for long-lasting mental enhancement and overall brain health.

**How Nootropics Work**

In order to fully understand how nootropics work, you would need a solid understanding of biochemistry and several weeks dedicated to research. However, in the most basic sense, these supplements enhance brain functionality by increasing brain blood flow. By supporting greater levels of oxygen and nutrient delivery throughout your brain, it's capable of operating at an optimum rate. Preliminary research into this topic has found several nootropic supplements increase brain cell and neurotransmitter activity while protecting these cells from deterioration. Therefore, many physicians and researchers utilize specific nootropic drugs to treat cognitive decline in the elderly, such as those suffering from Alzheimer's Disease.

**Most Popular and Researched Nootropics**

While there are many variations of nootropics, a select few stand out from the rest. The following nootropics are supported by not only the closely-knit community who advocate for these supplements, but by research into this topic:

- **Racetam** – This is a class of nootropics, which includes Oxiracetam, Aniracetam, Pramiracetam and Piracetam. These compounds are believed to enhance the working levels of neurotransmitters and various brain chemicals while simultaneously enhancing the quality of communication between the two brain hemispheres.
- **Choline** – This compound is commonly stacked with other nootropics, such as a racetam supplement, to increase its effectiveness. Various studies have found choline on its own enhances social behavior, improves memory and directly stimulates the production of new, healthy brain cells.
- **Vinpocetine** – Various preliminary studies have found this compound to significantly
increase blood flow to the brain by dilating blood vessels for enhanced nutrient delivery. Many find the results immediate and their ability to concentrate, maneuver throughout complex thought processes and tap into deep motivation is increased after supplementing with this compound.

(Image from: Wikipedia)