



# Nootropics: Everything You Need To Know About Brain Enhancing Supplements

*Justin Dallas*

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## THE Beginner's Guide to Nootropics

**Nootropics: Everything You Need To Know About Brain Enhancing Supplements** is a book about Nootropics and all surrounding information that one would need to know about before deciding to take them or even considering buying them.

There are a lot of misconceptions and myths surrounding nootropics and many of them, if left uncorrected, could lead to harmful effects on the user. This book details the components of nootropics as well as their modes of action on the body and of course, the mind. This book also lists a few of the most widely used nootropics in existence and their specific effects and their enhancing capabilities for mental health, including:

- L-Theanine
- Modafinil
- Bacopa Monnieri
- Creatine
- Ashwagandha

and so many more.

Though proven to be very effective, nootropics are not the sole source for mental enhancement and thus, are only to be considered as supplementary for legitimate mental exercise and healthy diet for the mind.

This book also details and lists down the most common and most important factors that help strengthen and empower the mental faculties including specific exercises that would help in a mental regimen with nootropics.

Though not to be considered the foremost authority on nootropics and other similar drugs and medication, this book gives one of the **most detailed** yet concise information about nootropics as well as providing clear and understandable language regarding the usage and choosing of nootropics.

**This book is a good place to start when reading up on nootropics and also a great way to learn more about the mental faculties and chemical medications that can enhance their capabilities.**

**If you're interested in increasing your mental capacity and cognitive**

**skills, don't hesitate. Scroll back up and buy now!**

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