

The [Nootropics Zone](#) presents:

The Ultimate Nootropics Quick Reference Guide

Thank you for downloading the Ultimate Nootropics Quick Reference Guide. Our goal was to create a short outline of all the top nootropics being used today.

There's plenty of information around the internet about nootropics. But we wanted to put all the basic info about all the top nootropics together in one place. That's what you're reading right now.

This guide is not meant to answer all your questions about nootropics. If you have questions, or are new to the wonderful world of nootropics and would like to learn more, we suggest you read [The Nootropics FAQ \(frequently asked questions\)](#).

To make this easier to use, we've organized all the nootropics into different categories: racetams, eugeroics, nutraceuticals, cholinergics, precursors, and misc/other. Some of these substances could fit into more than one category. But we've done our best to organize them in a way that's easy to use.

If you would like more info about any of these nootropics, just click on their name. As long as you are viewing this PDF on a device that is connected to the internet, clicking on the name of each nootropic will bring you to page full of in-depth information about it.

So, here's the Ultimate Nootropics Quick Reference Guide. Again, thank you for downloading, and for your support of the Nootropics Zone.

Categories

- *Racetams (and closely-related nootropics)*
 - *Cholinergics*
 - *Eugeroics*
- *Nutraceuticals*
- *Precursors*
- *Misc/Other*

RACETAMS (and closely-related nootropics)

The racetams are a class of drugs that are all chemically similar. They all have a pyrrolidone nucleus. All of their names end in -am. Several, but not all, end in -tam or -etam.

The first racetam ever created was piracetam. It was created in 1964 by Corneliu Giurgea. He was the first person to use the term “nootropic.”

Some nootropics in this category, like piracetam, have been extensively studied for decades. Others are much newer, and have not undergone any scientific testing on humans.

For the racetams that have been studied, they are generally well-tolerated and with few side-effects. Taking a choline supplement (listed below) may increase the effectiveness of most racetams while reducing the possibility of side-effects.

Some of these nootropics, like Noopept and sunifiram for example, are not technically racetams. But we are going to include them here because they were created from racetams, and share many of the same benefits, side-effects, etc.

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ANIRACETAM

Other Names: Draganon, Sarpul, Ampamet, Memodrin, Referan, N-anisoyl-2-pyrrolidinone, Ro 13-5057, 1-p-anisoyl-2-pyrrolidinone, CAS 72432-10-1, 1(4-methoxybenzoyl)-2-pyrrolidinone

Benefits: Reduced anxiety, improved mood, focus, memory, and learning.

Side-Effects/Warnings: Generally well-tolerated. Side effects are rare and may include headaches, nausea, gastrointestinal distress, and dizziness.

Dosage: 1,000-1,500 milligrams a day, in 2 divided doses.

Stacks Well With: Alpha-GPC, CDP-Choline, other racetams.

COLURACETAM

Other Names: BCI-540, MKC-231, 2-(2-oxopyrrolidin-1-yl)-N-(2,3-dimethyl-5,6,7,8-tetrahydrofuro[2,3-b]quinolin-4-yl)acetoamide

Benefits: Improved mood, reduced anxiety, increased memory and learning.

Side-Effects/Warnings: Not extensively studied in humans yet. Preliminary research shows a high level of safety. Side-effects are probably similar to other racetams: headache, nausea, upset stomach, and dizziness.

Dosage: 5-50 milligrams, up to 3 times a day. One study showed no serious side-effects with 80 mg three times a day.

Stacks Well With: Alpha-GPC, CDP-Choline, other racetams, Noopept.

FASORACETAM

Other Names: NS-105, LAM-105, 5-oxo-D-prolinepiperidinamide monohydrate

Benefits: Reduced anxiety, increased motivation, overall cognitive enhancement.

Side-Effects/Warnings: Has not been extensively studied in humans. Preliminary studies show that it is safe to take up to 100 milligrams a day. Side-effects are probably similar to other racetams.

Dosage: No set dosing guidelines have been established. Most users report good results with 10-30 mg a day.

Stacks Well With: Alpha-GPC, CDP-Choline, other racetams.

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NEFIRACETAM

Other Names: DM-9384, N-(2, 6-dimethylphenyl)-2-(2-oxopyrrolidine-1-yl)-acetamide

Benefits: Overall cognitive enhancement, improved memory, possibly similar to other racetams.

Side-Effects/Warnings: Studies of long-term consumption in humans and primates have shown it to have no toxicity. Side-effects are probably similar to other racetams.

Dosage: 150-450 milligrams daily, divided into 2 or 3 doses. Does not seem to provide cognitive improvement after one dose. Needs to be taken for several days to notice improvement.

Stacks Well With: Alpha-GPC, CDP-Choline, other racetams.

NOOPEPT

Other Names: N-phenylacetyl-L-prolylglycine ethyl ester, Noopeptide, GVS-111

Benefits: May have a mild stimulant effect, increased focus, improved memory and motivation, possibly improved mood and reduced anxiety

Side-Effects/Warnings: Generally well-tolerated at recommended dosages. Symptoms of overdose may include headache, insomnia, fatigue, nausea, and gastrointestinal problems. Some side-effects may be lessened or eliminated by also taking Noopept with a choline source.

Dosage: 10-30 milligrams, taken 1 to 3 times a day.

Stacks Well With: Alpha-GPC, CDP-Choline, racetams, sulbutiamine

OXIRACETAM

Other Names: 4-hydroxy-2-oxo-pyrrolidinoacetamide, ISF-2522

Benefits: Increased focus and logical thinking, improved memory and learning.

Side-Effects/Warnings: Extensively studied, very well-tolerated. Side effects are rare and may include headache, nausea, dizziness, insomnia, irritability, and gastrointestinal distress. Carbamazepine should not be taken with oxiracetam, as a negative interaction has been noted between these two.

Dosage: 1,200-2,400 milligrams a day, in 2-3 divided doses.

Stacks Well With: Alpha-GPC, CDP-Choline, other racetams

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PHENYLPIRACETAM

Other Names: Phenotropil, Carphedon, (RS)-2-(2-oxo-4-phenylpyrrolidin-1-yl)acetamide

Benefits: Increased focus and alertness, improved mood, memory, motivation, and physical performance.

Side-Effects/Warnings: Extensively studied and generally considered safe. Side effects are uncommon and may include headache, nausea, insomnia, irritability, nervousness, and gastrointestinal distress. Phenylpiracetam is on the World Anti-Doping Agency's (WADA) banned substance list. Do not use if you are involved in a competitive sport that tests for performance enhancing drugs (PEDs).

Dosage: 1-200 milligrams, 2-3 times a day.

Stacks Well With: Alpha-GPC, CDP-Choline, other racetams, eugeroics.

PIRACETAM

Other Names: Nootropil, Lucetam, 2-oxo-1-pyrrolidine acetamide

Benefits: Improves learning, memory, mood, and motivation, reduces anxiety.

Side-Effects/Warnings: Extensively studied, generally very well-tolerated. Side effects are rare, but may include headache, nausea, insomnia, irritability, agitation, and tremor.

Dosage: 1,200-4,800 milligrams a day, divided between 2-3 doses.

Stacks Well With: Alpha-GPC, CDP-Choline, other racetams.

PRAMIRACETAM

Other Names: Remen, Pramistar, Neupramir, Cl-879, Diisoprop-yl-(2-oxopyrrolidin-1-yl)acetamide

Benefits: Improved memory, learning and focus, enhanced logical/technical thinking.

Side-Effects/Warnings: Generally well-tolerated. Side effects are rare and may include headache, nausea, gastrointestinal distress, and irritability.

Dosage: 1,200 milligrams a day, in 2-3 divided doses.

Stacks Well With: Alpha-GPC, CDP-Choline, other racetams.

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SUNIFIRAM

Other Names: DM-235

Benefits: Improved memory, mood, and decision making, increased focus and alertness. Improvement in overall cognitive performance.

Side-Effects/Warnings: Has not undergone clinical testing. Users have not reported any serious side-effects. Some users report over-stimulation, anxiety, and insomnia at very high dosages (>12 mg).

Dosage: 5-10 milligrams, up to 3 times a day.

Stacks Well With: Alpha-GPC, CDP-Choline, racetams, Noopept.

UNIFIRAM

Other Names: DM-232, (8aR)-2-[(4-fluorophenyl)sulfonyl]hexahydropyrrolo[1,2-a]pyrazin-6{2H}-one

Benefits: Limited research. Users report powerful cognition-enhancing effects.

Side-Effects/Warnings: Has not undergone clinical safety testing. Probably has a similar side-effect profile to racetams. No serious side-effects have been reported by users.

Dosage: 16-32 milligrams, 2-3 times a day.

Stacks Well With: Alpha-GPC, CDP-Choline, racetams.

CHOLINERGICS

A cholinergic is any compound that increases the level of choline or acetylcholine in the brain. They may do this by either increasing the level of choline in the body directly, or indirectly by inhibiting the break-down of acetylcholine.

Choline is a water-soluble nutrient that usually gets grouped with the B-vitamins. It is a precursor to the neurotransmitter, acetylcholine.

Acetylcholine is a neurotransmitter that has a number of essential functions in the brain and body. It is known to play an important role in memory, learning, muscle activation, REM sleep, attention, motivation, and several other aspects of functioning.

Taking cholinergics by themselves can, over time, lead to mild improvements in learning, memory, and overall cognitive performance. However, cholinergics are usually taken to increase the effectiveness of other nootropics, and to reduce side effects.

For example, the cholinergic compound Alpha-GPC is commonly taken with racetamic nootropics, like piracetam and aniracetam. Users report that this increases the effectiveness of both

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drugs while also reducing certain side-effects, like headache and brain-fog. While more research is needed to support these claims, some early studies show that taking a choline source with certain racetams will increase their effectiveness.

[ALPHA-GPC](#)

Other Names: L-Alpha Glycerylphosphorylcholine, Choline Alfoscerate, Glycerophosphocholine, L-Alpha Glycerophosphocholin

Benefits: Improved memory, learning, and overall cognitive performance. May be beneficial to people with Alzheimer's Disease, stroke, and dementia.

Side-Effects/Warnings: Very safe when used at recommended dosages. Side-effects are rare and may include headache, insomnia, dizziness, rash, and confusion.

Dosage: Standard dosage is between 300-600 milligrams for nootropic benefits. Several studies have used a dosage of 1,200 mg in 3 divided doses for the treatment of Alzheimer's, stroke, and dementia.

Stacks Well With: Most other nootropics, especially the racetams.

[CDP-Choline \(citicoline\)](#)

Other Names: Cytidine Diphosphate-Choline, cytidine 5'-diphosphocholine, Citicholine, CDPC, Citicolina, Cytidine Diphosphocholine, CDP-Choline

Benefits: Improves memory, learning, attention and overall cognitive performance. May be useful in the treatment of certain addictions, Alzheimer's Disease, vision loss, and Parkinson's Disease.

Side-Effects/Warnings: Very safe at recommended dosages. Side effects are rare and may include insomnia, headache, diarrhea, nausea, and blurred vision.

Dosage: Standard dosage is between 500-2,000 milligrams per day, usually in 2 divided doses. Taking dosages above 2,000 mg/day does not seem to increase choline levels any higher.

Stacks Well With: Most other nootropics, especially the racetams.

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Centrophenoxine

Other Names: Meclofenoxate, Lucidril, Centro

Benefits: Improved memory, learning, and overall cognitive performance.

Side-Effects/Warnings: Generally considered safe. Side effects are rare and may include nausea and dizziness.

Dosage: Recommended dosage is 250 milligrams, taken 1-3 times a day.

Stacks Well With: Most other nootropics, especially the racetams.

Choline Bitartrate

Other Names: Choline, Trimethylethanolamine

Benefits: Improves memory, learning, and overall cognitive performance.

Side-Effects/Warnings: Generally well-tolerated. Side effects are uncommon and may include nausea, headache, insomnia, and dizziness. May have an additive effect if taken with drugs causing bradycardia, such as beta-blockers.

Dosage: Recommended dosages vary greatly. Usually taken at 250-500 milligrams per day.

Stacks Well With: Most other nootropics, especially the racetams.

Galantamine

Other Names: Nivalin, Razadyne, Razadyne ER, Reminyl, Lycopamine

Benefits: Improved memory, learning, and overall cognitive performance. It is used to treat dementia and Alzheimer's Disease.

Side-Effects/Warnings: Side effects are uncommon and may include nausea, vomiting, diarrhea, dizziness, drowsiness, loss of appetite, and weight loss.

Dosage: The recommended dosage is 8-16 milligrams per day, in 1 or 2 doses.

Stacks Well With: Most other nootropics, especially the racetams.

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[Huperzine A](#)

Other Names: Huperzia Serrata, Qian Ceng Ta, (1R, 9S, 13E)-1-amino-13-ethylidene-11-methyl-6-azatricyclo- 7.3.1.0.2, 7 trideca-2(7), 3, 10-trien-5-on

Benefits: Increased memory, learning, and overall cognitive performance.

Side-Effects/Warnings: Side effects are uncommon and may include nausea, vomiting, headache, dizziness, and diarrhea.

Dosage: Usually taken at a dosage between 50-200 micrograms (mcg) per day, usually in a single dose. Can be taken on an empty stomach. Is often cycled, 2-4 weeks on followed by 2-4 weeks off.

Stacks Well With: Most other nootropics, especially the racetams.

EUGEROICS

A eugeroic is a drug or substance that promotes wakefulness. These drugs are used to treat narcolepsy, sleeping disorders, excessive daytime sleepiness, and other conditions.

They are popular in the nootropics community because many users report an increase in motivation, focus, wakefulness, attention, and mood.

[Adrafinil](#)

Other Names: Olmifon, CRL-40028

Benefits: As it is a pro-drug of modafinil, benefits and side-effects are similar. Increased wakefulness, alertness, memory, attention, and mood. Available without a prescription.

Side-Effects/Warnings: Generally well-tolerated. Side effects are uncommon and may include headache, nausea, insomnia, and nervousness.

Dosage: Usually taken in a dosage of 300-900 milligrams a day, in 1 to 3 divided doses.

Stacks Well With: Racetams, cholinergics.

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Armodafinil

Other Names: Nuvigil, Artvigil, Armod, Neoresotyl, Waklert

Benefits: Prescribed for daytime sleepiness, narcolepsy, and sleep apnea. Used off-label for ADHD, chronic fatigue syndrome, and depression. Nootropic benefits include increased wakefulness, alertness, attention, motivation, and mood.

Side-Effects/Warnings: Available in the U.S. with a prescription. Generally well-tolerated, side effects may include headache, dry mouth, nausea, dizziness, and insomnia.

Dosage: Usually prescribed at a dosage of 150-250 milligrams per day.

Stacks Well With: Racetams, cholinergics.

Modafinil

Other Names: Provigil, Modavigil, Alertec, Modapro, Alertex, 2-[(Diphenylmethyl) sulfinyl]acetamide

Benefits: Used to treat narcolepsy and other sleep disorders. Nootropic benefits include increased wakefulness, attention, motivation, and overall cognitive performance.

Side-Effects/Warnings: Requires a prescription in the United States. Side effects are generally mild and may include headache, nausea, nervousness, dizziness, and insomnia. May decrease the effectiveness of birth control.

Dosage: Usual dosage is between 100-300 milligrams per day.

Stacks Well With: Cholinergics, racetams.

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NUTRACEUTICALS

“Nutraceutical” is a combination of the words “nutrition” and “pharmaceutical.” It is used to describe a variety of different nootropics that come from isolated nutrients, herbal products, and dietary supplements.

Ashwagandha

Other Names: Withania somnifera, Indian ginseng, poison gooseberry, winter cherry, Solanaceae, Dunal, Smell of Horse

Benefits: Decreased anxiety and stress, improved mood, increased motivation and social functioning, and reduced fatigue.

Side-Effects/Warnings: Generally very well-tolerated. Side effects are uncommon and may include nausea, vomiting, headache, diarrhea, and upset stomach.

Dosage: The lowest effective dosage is between 300-500 milligrams. The optimal dosage for most people is 6,000 mg a day, in 3 divided doses. Should be taken with meals.

Stacks Well With: Racetams, cholinergics, eugeroics.

Bacopa Monieri

Other Names: Brahmi, Aindri, Lysimachia Monnieri L. Cent., Graticola Monnieri L., Water Hyssop, Jalabrahmi, Indian Pennywort, Thyme-Leafed Gratiola, Herpestis Monniera L.

Benefits: Improved memory, mood, and attention. Reduced anxiety.

Side-Effects/Warnings: Generally very well-tolerated. Side effects may include nausea, upset stomach, headache, and other effects.

Dosage: Standard dosage is 300 milligrams, using a 55% extract.

Stacks Well With: Racetams, Cholinergics.

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Ginkgo Biloba

Other Names: Ginkgo, Maidenhair Tree, Tanakan, Tebonin, Rokan

Benefits: Overall cognitive enhancement. Improves memory and blood flow.

Side-Effects/Warnings: Side-effects are usually mild and may include upset stomach, constipation, headache, dizziness, fast heartbeat, and increased risk of bleeding. May inhibit the CYP2B6 and CYP3A4 enzymes.

Dosage: For cognitive enhancement, take 120-240 milligrams 2-4 hours before performance. To alleviate cognitive decline, take 40-120 mg up to 3 times a day.

Stacks Well With: Racetams, cholinergics.

Ginseng

Other Names: Panax Ginseng, Korean Ginseng, Panax, True Ginseng, Mountain Ginseng, Wild Ginseng

Benefits: Improved mood, immunity, and cognition. Possibly improves libido, testosterone, and exercise performance.

Side-Effects/Warnings: Generally considered safe at recommended dosages. Side effects may include nausea, diarrhea, headaches, nose bleeds, and hyper or hypotention (high or low blood pressure). Ginseng has been shown to have adverse drug reactions with phenelzine and warfarin. Ginseng has been shown to decrease blood alcohol levels. A potential interaction has been reported with imatinib and with lamotrigine.

Dosage: Depends on the type of ginseng. Panax ginseng is usually taken at a dosage of 200-400 milligrams per day. Korean ginseng is usually taken at a dosage of 500-1,000 mg per day.

Stacks Well With: Racetams, Noopept, cholinergics.

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Mucuna Pruriens

Other Names: Velvet Bean, Bengal Velvet Bean, Florida Velvet Bean, Mauritius Velvet Bean, Yokohama Velvet Bean, Cowage, Cowitch, Lacuna Bean, Lyon Bean, Werepe, Karara, Agbara

Benefits: Improved mood & sense of well-being, reduced anxiety, increased dopamine, possibly increased testosterone and HGH.

Side-Effects/Warnings: Shown to be very safe, even at high dosages. Contains L-Dopa, so the side-effects of levodopa are possible. However, mucuna pruriens seems to be tolerated better than L-Dopa. Should not be taken with L-Dopa or MAOIs.

Dosage: Usual dosage is 250 milligrams, 2 times a day initially. Some benefits may take several weeks to notice. Dosage can be increased every 4-7 days by no more than 750 mg at a time, to a maximum of 6,000 mg a day.

Stacks Well With: Racetams, cholinergics.

Rhodiola Rosea

Other Names: Golden root, rose root, Aaron's rod, Arctic root, king's crown, Rosavin, orpin rose

Benefits: Improved physical and mental performance, reduced anxiety, improved mood.

Side-Effects/Warnings: Has been extensively studied and generally considered safe.

Dosage: 250-1,000 milligrams taken daily, in one or two doses.

Stacks Well With: Most other nootropics, racetams, eugeroics, other adaptogens.

PRECURSORS

A precursor is a compound that creates another compound through a chemical reaction. These are all amino acids that our bodies use to make neurotransmitters.

For example, dopamine is a neurotransmitter that is found throughout the body and in the brain. It is known to play a role in mood, pleasure, motivation, energy, libido, and focus. Dopamine also has several other functions throughout the body.

Levodopa is a precursor to dopamine. Our bodies use levodopa to create dopamine, through a series of chemical reactions. By taking levodopa, we can increase the level of dopamine in our bodies and brains. The increased dopamine leads to increased motivation and focus, and improved mood.

The following amino acids are all found in common foods. However, to achieve a nootropic effect, higher dosages are needed.

While precursors are not generally thought of as nootropics, supplementing with them can have cognition-enhancing (nootropic) benefits.

[5-HTP](#)

Precursor Of: Serotonin

Other Names: 5-Hydroxytryptophan, oxitriptan

Benefits: Improved mood, reduced anxiety, more restful sleep, increased feelings of well-being

Side-Effects/Warnings: Side effects are uncommon and may include headache, upset stomach, and heartburn. Should be used with caution in people taking antidepressants, especially MAOIs.

Dosage: 50-300 milligrams, taken one to three times a day.

Stacks Well With: Racetams, cholinergics, l-tyrosine, mucuna pruriens, EGCG

[D,L – Phenylalanine](#)

Precursor Of: Tyrosine, L-dopa, dopamine and noradrenaline

Other Names: DLPA, DL-Phenylalanine, phenylalanine

Benefits: Increased energy, focus, and motivation, reduced pain (analgesia).

Side-Effects/Warnings: Generally considered safe for most people. Use caution if you are taking other dopaminergic drugs. Should not be taken by people with phenylketonuria (PKU).

Dosage: 1,000-2,000 milligrams a day, in one to three doses.

Stacks Well With: 5-HTP, racetams, cholinergics.

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L-Tryptophan

Precursor Of: 5-HTP and serotonin

Other Names: Tryptophan, (2S)-2-amino-3-(1H-indol-3-yl)propanoic acid, L-triptofano, L-trypt, L-tryptophane

Benefits: Improved mood and sleep, increased feeling of well-being, reduced anxiety.

Side-Effects/Warnings: Generally safe, found in many foods. Side effects may include heartburn, upset stomach, nausea, gas, diarrhea, headache, drowsiness, dry mouth, visual blurring, and loss of appetite. Should be used with caution in people taking antidepressants, especially MAOIs. May increase the effectiveness of some sedatives.

Dosage: 1,000-3,000 milligrams (1-3 grams) a day, in two or three doses.

Stacks Well With: Racetams, cholinergics, l-tyrosine, dl-phenylalanine

L-Tyrosine

Precursor Of: L-dopa, dopamine and noradrenaline

Other Names: 4-hydroxyphenylalanine

Benefits: Increased motivation, energy, and focus.

Side-Effects/Warnings: Generally well-tolerated. Side effects may include headache, insomnia, nausea, and upset stomach. Should be used with caution in people taking other dopaminergics.

Dosage: 500-2,000 milligrams a day, in one to three doses.

Stacks Well With: Racetams, cholinergics, 5-HTP, EGCG

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MISC/OTHER

Here you'll find all the other miscellaneous substances that have nootropic properties. While some of these might not usually be considered nootropics, they all boost cognition either directly or indirectly.

[Acetyl L-Carnitine \(ALCAR\)](#)

Other Names: ALCAR, Acetyl-L-Carnitine, Acetylcarnitine, L-Carnitine, L-Carnitine-L-Tartrate, LCLT, Glycine Propionyl-L-Carnitine, GPLC, Levocarnitine, Levacecarnine, L-3-hydroxytrimethylamminobutanoate

Benefits: Improved memory and concentration, heightened perception, faster learning.

Side-Effects/Warnings: Generally very safe at recommended dosages. Very high dosages may result in nausea, headache, and upset stomach.

Dosage: 500-1,000 milligrams, taken one or two times a day.

Stacks Well With: Racetams, cholinergics, eugeroics.

[Caffeine](#)

Other Names: Coffee extract, tea extract, 1,3,7-trimethylxanthine, anhydrous caffeine, cafeina, trimethylxanthine, 1,3,7-Trimethyl-1h-purine-2,6(3H,7H)-dione

Benefits: Increased alertness and wakefulness, possibly improved focus, mood, and motivation.

Side-Effects/Warnings: Generally regarded as safe (GRAS) when taken at recommended dosages. Side effects can include insomnia, nervousness, restlessness, upset stomach, nausea, vomiting, and increased heart rate. May increase the effects of other stimulants. Can be habit-forming over time.

Dosage: 50-600 milligrams a day, in one to four doses. Consuming later in the day may increase risk for insomnia.

Stacks Well With: L-theanine, racetams, cholinergics, adaptogens.

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L-Theanine

Other Names: Theanine, N-Ethyl-L-Glutamine, 2-Amino-4-(ethylcarbamoyl)Butyric Acid, 5-N-Ethyl-Glutamine

Benefits: Reduced anxiety. Increases effects/reduces side-effects of caffeine.

Side-Effects/Warnings: Generally considered very safe. At recommended dosages, side effects are very rare.

Dosage: 100-600 milligrams a day, in one to three doses. Usually taken with caffeine.

Stacks Well With: Caffeine, racetams, cholinergics.

Omega 3 Fatty Acids

Other Names: Eicosapentaenoic Acid, EPA, Docosahexaenoic Acid, DHA, Omega 3's, N-3 Fatty Acids, Flaxseed, O3's

Benefits: General improvement of physical and mental health.

Side-Effects/Warnings: Very safe at recommended dosages. Side effects are uncommon and may include heartburn, bad breath, nausea, belching, nosebleeds, and diarrhea. May increase the effectiveness of anticoagulant and antiplatelet drugs.

Dosage: 1,000-4,000 milligrams (1-4 grams) per day, in one to three doses. Taking with food may reduce certain side effects.

Stacks Well With: Everything.

Sulbutiamine

Other Names: Arcalion, Enerion, Bisibuthiamine, Youvitan

Benefits: Improved mood and memory, reduced anxiety, improved stamina and endurance.

Side-Effects/Warnings: Generally very well-tolerated. Side effects are rare and may include anxiety, irritability, depression, headaches, nausea, and skin rash.

Dosage: 500-1,000 milligrams a day, in one or two doses.

Stacks Well With: Cholinergics, racetams, eugeroics.

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Uridine

Other Names: UDP, UMP, uridine monophosphate

Benefits: General cognitive enhancement.

Side-Effects/Warnings: Generally safe when taken at recommended dosage.

Dosage: 500-1,000 milligrams a day, in one or two doses.

Stacks Well With: Cholinergics, racetams, eugeroics, omega-3's.

Vinpocetine

Other Names: Vincamine, Vinca Minor, Periwinkle Extract, Cavinton, etyhl apovincamate, Intelectol

Benefits: Improved memory and learning, neuroprotection, numerous physical benefits.

Side-Effects/Warnings: Generally considered very safe at recommended dosages. Exceeding recommended dosage may cause headache, nausea, and upset stomach.

Dosage: 10-60 milligrams a day, in one to three doses.

Stacks Well With: Cholinergics, racetams, eugeroics.