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SOME OF THE MOST EFFECTIVE AND POWERFUL NOOTROPES

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Summary. *This article reviews the most effective nootropes in terms of affecting the human brain. If you are already tired of reading about different nootropes, and do not understand what to stop at. They say that they are dangerous, they are generally useless, and someone attributes miraculous properties to them. In this article we will give nootropics used for the development of the brain and efficiency in terms of brain performance. This article can also help workers in areas where they need to work with a huge amount of information and students.*

Keywords: *Nootropics, phenibut, modafinil, brain.*

Relevance: As you know, nootropics were not created for students, who could more effectively study the material and pass the session, or increase their performance. First of all, nootropics are urgently needed for the treatment of certain brain diseases, mainly associated with intelligence and circulation. Let's start the review with those that are treated, effectively treated!

It is known that the older a person becomes, the more often he has disorders related to intelligence, we can observe symptoms such as: memory deterioration, scattering, inability to switch attention, and so on, up to Alzheimer's disease. While, articles by a variety of authors are written on suspicious forums and sites that nootropics do not improve anything, being a placebo, in Europe and the USA often use 2 groups of nootropics sharpened specifically for disease care.

The first group of nootropics has a familiar name for doctors - Acetylcholinesterase inhibitors. One of the popular nootropics in this group: Donepezil, Galantamine. These are medicines that are sold in pharmacies. But there is another substance from supplements (supplements and medicines are completely different things) and is called Hyperzine. There is an identical effect, exactly the same, only cheaper and do not need recipes. What do acetylcholinesterase inhibitors do? In understandable terms, they create more acetylcholine neurotransmitter in our brains. And the lack of this neurotransmitter is quite often involved in neurodegenerative diseases.

1. Treatment. The older a person becomes, the more often he has intellectual disorders: here you are worse than memory, distraction, the inability to switch attention to Alzheimer's Disease. While it is said from television screens, and sometimes on YouTube, that smart drugs do not improve anything, in Europe and the USA they more often use 2 groups of nootropics sharpened specifically for help

with diseases. The first group has a terrible name - Acetylcholinesterase inhibitors. The most popular in it: Donepezil, Galantamine. These are direct medicines that are sold in pharmacies. But there is another substance from supplements (supplements and medications are different things) and is called Hyperzine. The effect is exactly the same, only cheaper and do not need recipes. What do acetylcholinesterase inhibitors do? Roughly speaking, they create more acetylcholine neurotransmitter in our brains. And the lack of this neurotransmitter is quite often implicated in neurodegenerative diseases.

2. Motivation. The best nootropics for motivation, focus and mindfulness are sharpened under dopamine and sometimes noradrenaline. Let us turn to one popular Western rating of nootropics on a sample of 325 people.

For attention and motivation, the first places are the compounds banned in the Russian Federation and the CIS countries: Adderol (Amphetamine), Methylphenidate, Modafinil and Armodafinil. In the USA, they are released on prescriptions, so they are taken into account here. Modafinil in Ukraine is legal, and is sold as a dietary supplement. This nootropics has a good safety profile and it is not known why it is banned in Russia.

Some scientific studies have written that the side effects in Modafinil are the same as in placebo, and the effectiveness in some points is superior to amphetamine. Based on the fact that modafinil is allowed for Western countries and Ukraine, you can immediately call the best nootropics precisely for the focus of attention and motivation - Modafinil.

The next ones on the list are Phenylpiracetam and Caffeine. This is already legal in Russia! If you trust this rating, then according to people's reviews, the effects are not far from nootropics banned in the Russian Federation. Which is pretty weird! In the Russian Federation and the CIS countries, there is a popular opinion that nootropics are a placebo. So the percentage of efficiency should be the same judging by logic. If everything is equally useless, then all nootropics will score an equal number of points. But we notice a clear gradation where the supposedly empty Semax and Oxiracetam surrounded LSD microdoses, and Phenylpiracetam, formerly known as Fenotropil, breathes Amphetamine in the back.

Based on this, we can come to the conclusion that the best smart drugs is Modafinil, if your country is legal. If not, we pay attention to phenylpyracetam, caffeine, oxiracetam and Semax.

This meta-analysis is quite recent, it is not a survey of smart drug lovers, which says that modafinil can be useful for healthy people, and not only in the presence of deviations. In Italy, a couple of months ago, they worried about the ethical part of the use of methylphenidate and modafinil, as these smart drug improve working memory and concentration in healthy people.

3. Anxiety. Let's move on to drugs such as: Fenibut, Ashwaganda and Selank.

Adherents of evidence-based medicine are no longer very zealous in criticizing Fenibut, as there are more and more reports that this substance has drug potential, with long-term intake in large doses, in addition to a pronounced calming and nootropic effect. The substance is a dummy, obviously, cannot do this. Ashvaganda gets it, it's strange only why.

Here is an Indian review of this supplement, which refers to nootropic

neuroprotective effects. India is the largest supplier of this additive, a conflict of interest is possible. Then please Spain, less than a month ago, increasing the volume of maximum oxygen consumption is useful not only in sports.

Or the Iranian report last month that ashwaganda is a good support for basic therapy for generalized anxiety disorder. According to surveys, in general, again there are no equal points for all substances, again distribution, excluding the random effect. And he leads the phenibut, not far from it, kava (the supplement is banned in Russia), then CBD oil is a component of marijuana (it is also impossible in Russia)

Thus, for anxious personalities, the good nootropics will be: phenibut, Selank, ashwaganda, L-theanine.

Smart drugs, which can add a little to memory both to motivation and attention. Average option. Although it is difficult to assess the criteria for intelligence in a healthy person, and the studies themselves are almost always carried out in sick people. Here we can observe again Modafinil, Phenylpiracetam, as well as the Caffeine + L-Theanine scheme. If the first 2 substances have already been talked about, then the 3rd is the effect of high-quality green tea. Green tea can be taken at least every day if you do not have contraindications. This is a good long-term nootropic solution. Here is a systematic review, for example, where researchers from Switzerland and the UK claim positive effects on cognitive ability.

Then of course the piracetam! What a rating of nootropes without it! The most famous, most accessible, which can be found in any village pharmacy. Piracetam is not phenylpiracetam, but something close because of the similarity of molecules. All that ends with -cetam are related substances.

If you need a nootrope that acts efficiently, but with a small evidence base, then pay attention to peptide nootropes like Cerebrolysin or Cortexin. They do not have a specific orientation, like "memory will become better," but, in animal data, there was an increase in neurotrophic factors. Uttered, it helps skip a few years to brain age and improve thinking.

You can't reduce everything to taking pills! Much depends on nutrition and lifestyle, vitamins, micro and macroelements are involved in all metabolic processes of the body. Maybe it is not necessary to take nootropes, when the body is deficient in vitamin B6, you just need to drink a course of vitamins. In relation to physical or intellectual loads, the same. No matter what they are, but if they are not, everything will be bad. In depression, antidepressants that increase serotonin have a proven nootropic effect. If you get a traumatic brain injury, then Cerebrolysin or Piracetam will treat you better than a placebo. Consider also that it is technically impossible for each nootrope to test with each disease, and maybe Semax or Oxiracetam will be more useful than piracetam after a traumatic brain injury. There is no such data yet, but this does not mean that they will not continue.

Conclusion: The most effective nootrope will be for everyone, depending on what you want. Under long-term intellectual loading better Piracetam, Cortexin, Cerebrolysin, Green tea. Specifically for treatment - acetylcholinesterase inhibitors. To support intelligence in conditions of stress - Ashvaganda, Selank or Fenibut. If you need to master a huge amount of information in 1-2 days: Modafinil, Phenylpiracetam, Caffeine, Semax.

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