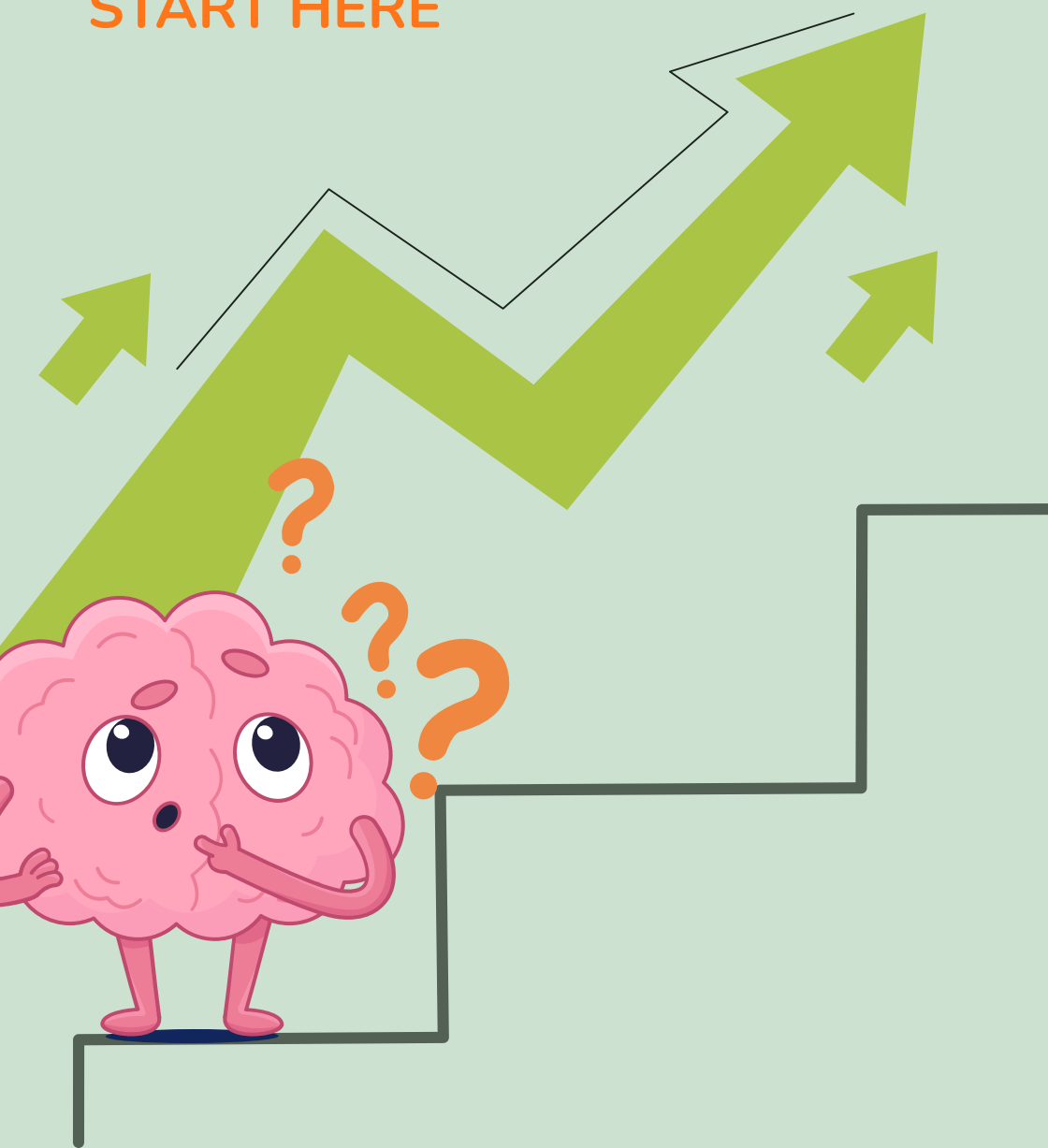


NEW TO NOOTROPICS?

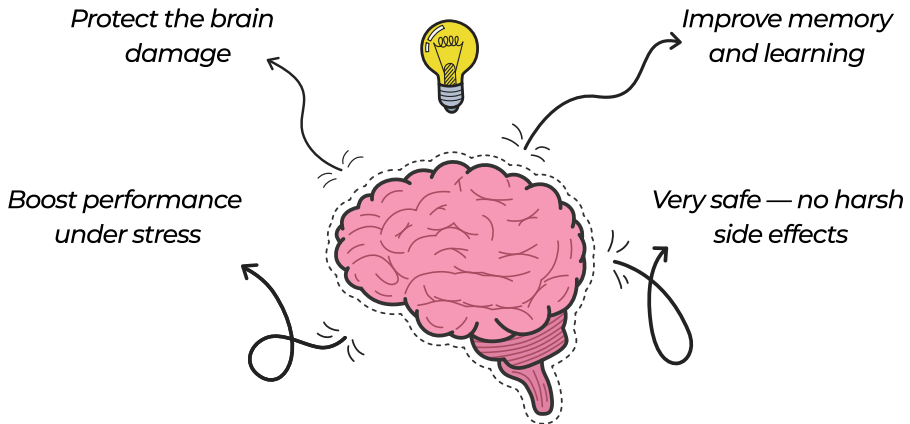
START HERE












What Are Nootropics?

Greek noos ([mind](#)) + tropos ([bend](#)) → “mind-bending”

[Dr. Giurgea](#) in 1972 defined a true nootropic as follows:



First nootropic:
Piracetam (1964)

 Type	 Examples	 Function
 Racetams and related	Noopept, Phenylpiracetam	AMPA modulation, neuroplasticity
 Cholinergics	Alpha-GPC, Citicoline	Boost acetylcholine (memory)
 Adaptogens	Rhodiola, Ashwagandha	Stress & fatigue reduction
 Stimulants	Caffeine, L-Theanine	Energy, alertness
 Peptides	Semax, Selank, Cortexin	Advanced nootropic agents
 Natural Compounds	Omega-3s, Ginkgo, L-Tyrosine	Mood & cognition support

 [Read the Free Book on Nootropics](#)

How Do Nootropics Work?



Fine-tune Brain Chemicals



Protect Neurons from Stress & Toxins



Improve Brain Blood Flow



Boost Neuroplasticity



Are Nootropics Safe?



Overstimulation (e.g., Modafinil)



Dependence (e.g., Phenibut)



Sleep disruption (e.g., Caffeine)



Headaches (e.g., Piracetam)



How to Choose the Right Nootropic



Define your goal



Consult a doctor



Start low, go slow



Track effects



Pick trusted vendors



 [Try vetted stacks from CosmicNootropic →](#)

See you on the sharper side