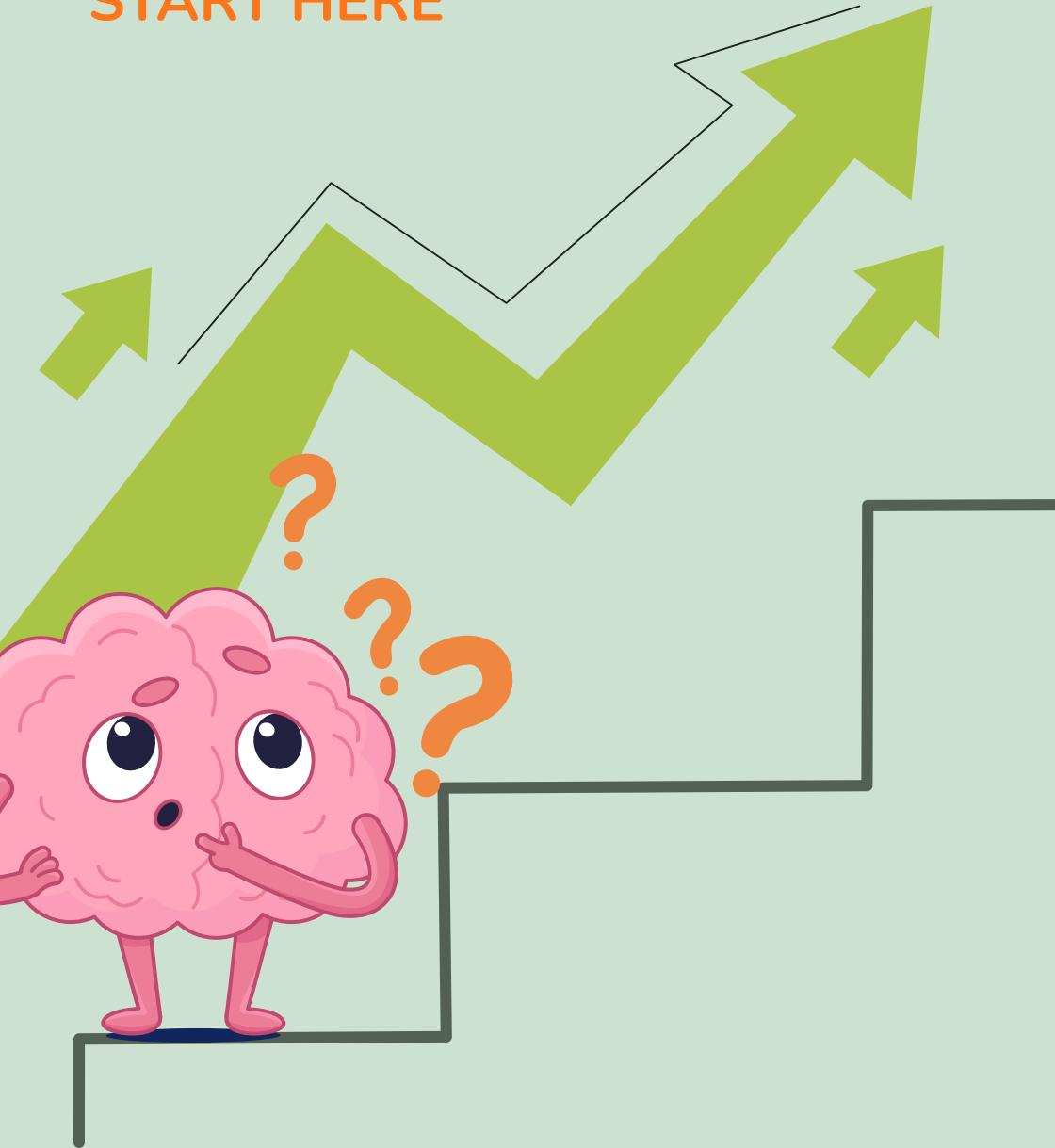


NEW TO NOOTROPICS?

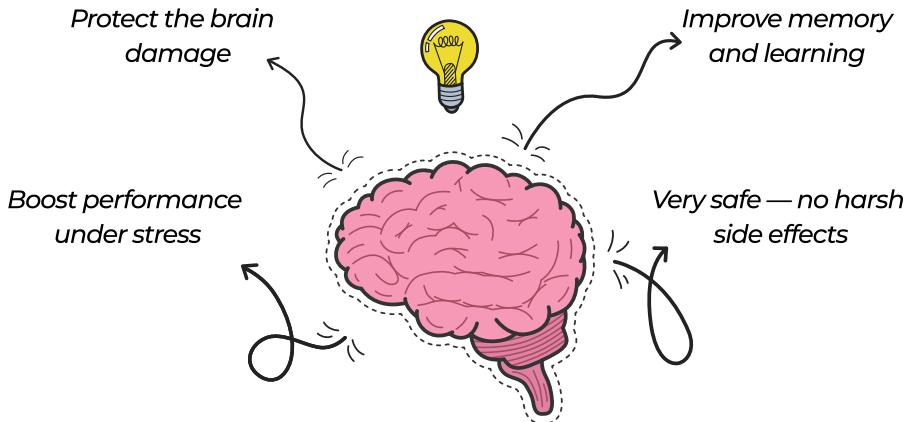
START HERE



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
펩 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) CC1=CC=C(C=C1)N2C(=O)C(=O)N(C(=O)C3=CC=CC=C3)C2

Dependence (e.g., Phenibut) CC1=CC=C(C=C1)N2C(=O)C(=O)N(C(=O)C3=CC=CC=C3)C2

Sleep disruption (e.g., Caffeine) CN1C=NC2=C1C(=O)N(C(=O)C3=CC=CC=C3)C(=O)N2C

Headaches (e.g., Piracetam) CC1=CC=C(C=C1)N2C(=O)C(=O)N(C(=O)C3=CC=CC=C3)C2

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