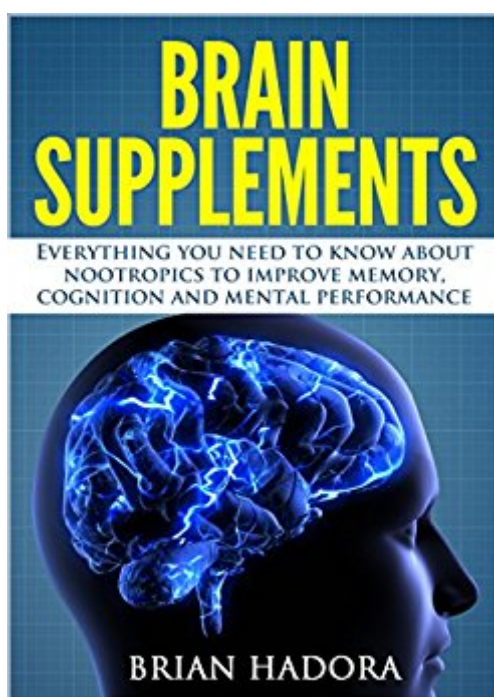


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# Brain Supplements: Everything You Need To Know About Nootropics To Improve Memory, Cognition And Mental Performance



## Synopsis

**Brain Supplements: Everything You Need to Know About Nootropics to Improve Memory, Cognition and Mental Performance**

Have you ever wanted to improve your mental performance? Have a better memory, solve math problems faster, and just feel mentally "on" more often? I know I have. In fact, I've spent the last few years learning and experimenting with nutrition and supplements to improve my mental cognition. Since implementing these practices into my life, I've improved my IQ by 8 points, can now memorize 10 digit phone numbers after hearing them once, and generally feel like my mind is sharp and light. In **Brain Supplements: Everything You Need to Know About Nootropics to Improve Memory, Cognition and Mental Performance**, I cover the different kinds of brain supplements available to everyone (not just Air Force fighter pilots and Navy Seals), and show you what supplements will help you improve your mental performance. [Preview or purchase my book now to see each of the types of supplements in detail!](#) **What is NOT in this book...** (for a good reason) In this book I am not going to advise you to use any of the mainstream common solutions that simply do not work. You will not hear about the (important) basics: getting 8 hours of sleep, drinking enough water, eating healthy. I am also not going to tell you any of the generic advice that you have probably heard over a hundred times: when to drink coffee, memory aids like mnemonics and other "hacks". Instead, you'll learn the latest science behind brain supplements and nootropics, and how these supplements can rapidly improve your intellect and mental performance (like they already are for Wall Street traders, athletes and special forces all over the world). You'll also learn which supplements will help your memory, which will help with cognition, and those that will make no difference at all. If getting smarter, improving your memory and feeling sharp and on at work, at home and in conversations with friends sounds interesting... scroll up and get your copy of this book! **Check out the contents of the book below:** Introduction - Why Nootropics and Brain Supplements are Game-Changers Section 1 - What Are Nootropics? Section 2 - The Different Kinds and Categories of Nootropics and Brain Supplements Section 3 - How Stacking Supplements Can 5x Performance Section 4 - "Does this stuff work?" A Review of the Medical and Scientific Research Of the Supplements Covered in this Book Section 5 - Keys to Better Brain Health, and the Natural Supplements that Will Help! Section 6 - The Future of Nootropics and Brain Supplements Section 7 - Conclusion, and a 15 day Plan for You to Improve Mental Performance

If you've ever been interested in becoming smarter and improving your mental cognition, this book will show you how certain key nootropics and brain supplements can help you get there. Check it out now!

## Book Information

File Size: 213 KB

Print Length: 66 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 5, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00O7JJ4WA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #145,539 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

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#39 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Vitamins &

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## Customer Reviews

Woowww. This is a really great book for both experts and newbies. Everybody knows the brain is probably the most complex product of evolution and novice might get lost in too much science or technical jargon. The author does an amazing job in explaining the brain and the power of brain supplements in a simple and easy way. It gives good and solid reason on which supplements really work and why. At the end there is also a plan to improve your mental performance...and let me tell you....you will get amazing results! Thanks Brian for your work

This ebook can be read in one sitting. It will give a good overview of information gleaned from the internet regarding ways to improve the brain's functioning. This is much easier than sifting thru hundreds of web pages. This is a handy reference on current brain supplements.

I was shocked to see all the positive reviews. They must have come from friends and relatives or people who were being introduced to nootropics. First criticism... the author covers only a small portion of the nootropics available. There is no mention of my favorite one, phenylracetam. Generally much of the advice offered is almost condescending it's so simplistic and obvious.I'm

haven't checked out his website nor seen his newsletter... hopefully there is more updated information. You can find tons more online but unfortunately information is not centralized which makes for a fair amount of work. I wish this book had provided that consolidation, but it fell way short. Pretty disappointed.

You can find anything you need to know about Brain Supplements or Nootropics in this book. The insights regarding nootropics were explained very well. The different kinds of nootropics and its benefits are also detailed in this book. You can also learn how and which certain supplements will help enhance your memory and cognition and learn which would not make much difference. A very interesting and informative read.

This little book has some surprising information regarding supplements and their affects. The reader needs to bear in mind that this isn't promoting doping oneself for better performance but simply provides information. I was surprised to learn that I was already using some of these in my diet.

Author has done a great job. He described so nicely how Nootropics changes our brain, how it is developing ours memory and mental performance. Author also described that it has some side effects but it is a non-addictive drugs. I highly recommended read this book.

In this book you can find all you want to know about brain supplements. Author explains in great detail how nootropics affect our brain and improve memory and mental performance without causing addiction and side-effects.

All the information in this book is available on the internet. Could have saved 2.99 . Thought it would have had more info about the supplements. Seems like the main research was in the synthetic racetracks.

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Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power)  
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)  
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