



The Everything Guide To Nootropics: Boost Your Brain Function with Smart Drugs and Memory Supplements (Everything®)

Evan Brand

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A beginner's guide to brain-enhancing supplements and foods!

It's time to ditch the caffeine and sugar and embrace the better way to boost your energy and brain function. Nootropic supplements, or "smart drugs," are cognitive enhancers and brain boosters that can have positive effects on your mental performance. *The Everything Guide to Nootropics* will show you the best supplements, both natural and synthetic, for overall brain health, so you can improve your memory, eliminate brain fog, and enhance your energy and focus.

With the right nootropics, you can:

- Enhance learning capacity and attention span
- Boost your memory and speed of recall
- Heighten mental energy, focus, and concentration
- Hone problem-solving and decision-making skills
- Increase intelligence and creative thought

Also featuring 100 superfood-packed recipes to boost brain power, this approachable guide to the newest trend in brain health will help you choose the most effective supplements and set you on the path to improved cognitive function.

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