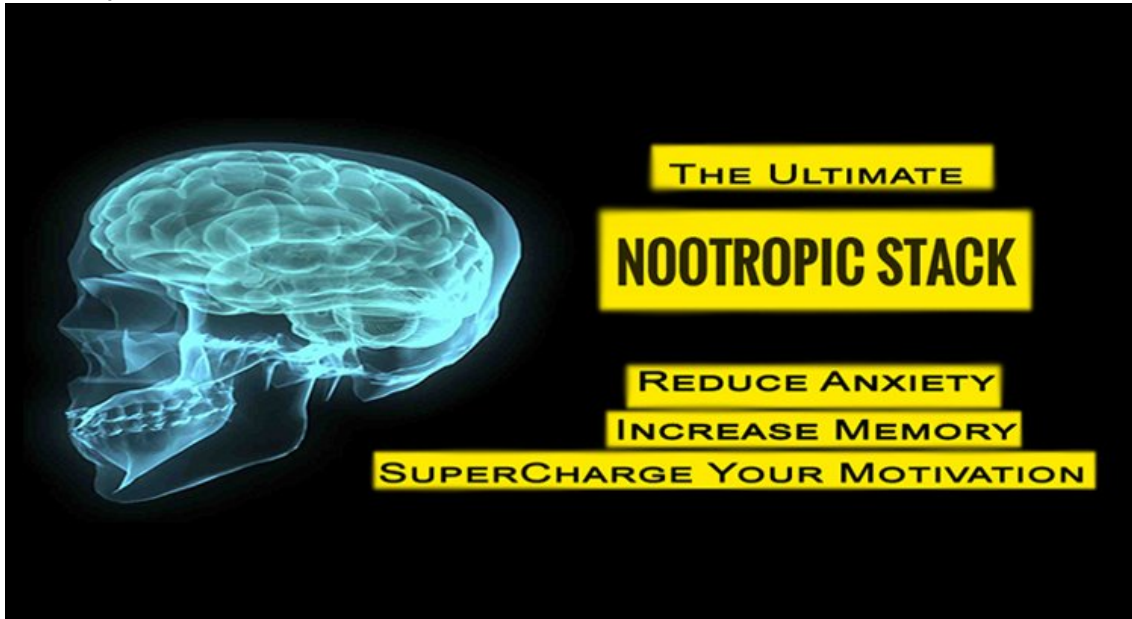


## The Best Nootropic Stack

[Featured](#), [Nootropic Stacks](#)

Braintopic, November 2, 2018.



With so many different choices of nootropics, it can be challenging to decide what to include in your stack.

This guide will give an idea of how I combined different nootropics into a daily regimen for incredible effects on my mind.

Nootropic stacks are often designed for a particular purpose such as reducing anxiety, increasing focus, or improving memory, but I created this stack for myself with the intention of maximizing my mind in *every way possible*.

If you are a college student, businessperson, entrepreneur, or someone that could benefit from **improved memory, learning, focus, mood, and motivation**, my experience may be exciting for you.

If you're entirely new to nootropics, I suggest you start by reading our [beginner's guide to nootropic stacks](#) to learn the ins and outs of designing a nootropic stack.

**NOTE:** If you aren't interested in building a custom stack and are looking for a preformulated "ready to go" stack in capsule form, my number one choice is [Mind Lab Pro](#). You can read my [Mind Lab Pro review](#) for a detailed overview.

### The Purpose of This Stack

I am a person that is always trying to hack life and become the best version of myself.

One day, I asked myself, *what would the best version of "me" look like?*

I thought about it and decided that my ideal self would have high intelligence, mental clarity, a positive attitude, relentless motivation, smart social skills, and a healthy dose of confidence.

With my extensive experience with nootropics, I started dreaming up ways I could use them to bring out this strongest version of myself.

After months of research and experimentation, I believe I have found the perfect combination.

### **This stack is designed to:**

- Enhance The Ability to Learn
- Deepen Concentration
- Sharpen Focus
- Improve Memory
- Boost Creativity
- Increase Social Fluidity
- Supercharge Motivation
- Reduce Anxiety
- Provide a Sense of Well-Being

The Stack: Become The Strongest Version of Yourself

### **Morning**

- 100 mg [Caffeine](#)
- 200 mg [L-Theanine](#)
- 300 mg [NALT](#)
- 300 mg [Alpha GPC](#)
- 200 mg [Sulbutiamine](#)
- 750 mg [Aniracetam](#)

### **Afternoon**

- 100 mg [Caffeine](#)
- 200 mg [L-Theanine](#)
- 300 mg [NALT](#)
- 20 mg [Noopept](#)
- 300 mg [Alpha GPC](#)

Visit [PureNootropics.net](https://PureNootropics.net) to order your nootropics. They have a great selection of high-quality nootropics and are competitively priced.

The aniracetam and Noopept are the foundations of the stack, but when combined with all the other supplements, they work synergistically and create a fantastic effect, with the purpose of increasing intelligence, memory, focus, social fluidity, mood, and motivation.

This nootropic stack helps me remove my tendency for procrastination and stimulates my natural drive to accomplish whatever I need to get done. It gives me an overall feeling of wellness which leads to a state of motivation that is conducive to reaching my maximum potential.

I sense that my overall intelligence, memory, focus, and ability to learn, are all enhanced.

Lastly, this stack gives me a noticeable mood boost as well as increases my social fluidity.

#### Breakdown of the Ingredients

##### Caffeine + L-Theanine for Relaxed Energy

Caffeine is included because, as most of you know, it is very effective at increasing energy and focus levels. It will also kick up the effects of all the other ingredients in this stack a notch. The addition of [L-theanine](#), an amino acid found in green tea, will take away the jitteriness often associated with caffeine, leaving a relaxed but alert state that is perfect for productivity. Caffeine stacked with L-theanine is one of the most popular combinations in the nootropic community. The combination is best taken only when an energy boost is needed, as opposed to daily, to avoid building up a tolerance.

**We recommend: [Caffeine + L-Theanine Capsules from PureNootropics.net](#)**

##### Sulbutiamine For Motivation And Feeling Good

[Sulbutiamine](#) is excellent for motivation and, honestly, feels fantastic. One of the most motivating nootropics I have ever tried. Tolerance to sulbutiamine can develop rather quickly, so it is recommended to take it on days where its needed most.

**We recommend: [Sulbutiamine from PureNootropics.net](#)**

Caution: If you are taking SSRI antidepressants, please speak to a health professional before supplementing with sulbutiamine to ensure that there are no contraindications.

##### NALT for Focus

[NALT \(N-Acetyl-L-Tyrosine\)](#) is a more bioavailable form of tyrosine. The body uses it to create dopamine, which plays an essential role in this stack. The goal is for it to help you achieve a focus similar to Adderall or other ADHD medicines but without the adverse effects of amphetamines. Combined with the other stack components, especially the sulbutiamine, motivation, and focus are heightened. The increase in dopamine will be used in many parts of your brain and increases all the effects of other stack ingredients. People on MAO inhibitors should not take N-acetyl-L-tyrosine.

**We recommend: [Source Naturals N-Acetyl L-Tyrosine from Amazon.com](#)**

## Alpha GPC as a Stabilizer

[Alpha GPC](#), a choline compound, is a memory and cognitive enhancer on its own but most importantly it works well to maximize the brain-boosting effects of the other nootropics in this stack. The body converts alpha GPC into the neurotransmitter acetylcholine which is involved in various brain functions including memory formation and recall. It also reduces the chance of common side effects, such as headaches, from the aniracetam.

**We recommend:** [Alpha GPC from PureNootropics.net](#)

## Aniracetam for Enhancing Cognition and Reducing Anxiety

[Aniracetam](#) is a nootropic in the racetam family. Not only is aniracetam great for enhancing learning and memory, but it is also potent anxiolytic, which means it has the potential to reduce anxiety in individuals, notably in social situations. I use it to improve my ability to speak fluidly. I feel like an expert speaker with aniracetam without any anxiety. It also works to improve memory function and creativity. It synergizes exceptionally well with Noopept and alpha GPC.

**We recommend:** [Aniracetam from PureNootropics.net](#)

## Noopept for Memory

[Noopept](#) is also capable of increasing memory and will potentiate this entire stack. Not only has Noopept demonstrated the ability to work almost immediately upon ingestion, but there is also evidence that long-term supplementation increases NGF levels in the brain which is a protein that's involved in the generation of new neurons. Increasing NGL levels may result in potential lasting benefits to memory function as well. Noopept may also magnify the anxiety-reducing effects of aniracetam allowing the mind to flow freely and enhance its ability to recall memories and enter a flow state.

**We recommend:** [Noopept from PureNootropics.net](#)

## More Stack Ideas

If you're looking for more ideas on how to stack nootropics, here are some of our most popular guides:

- For example, one of our favorites for college students is our [Nootropic Stack for College Students](#).
- Another stack that is designed for unleashing memory to its full potential is our [Photographic Memory Stack](#).
- If you'd like an example stack that is designed for long-term enhancement of memory and neurogenesis, have a look at our [Nerve Growth Factor Stack](#).
- For a preformulated "ready to go" stack in capsule form, my number one choice is [Mind Lab Pro](#). You can read my [Mind Lab Pro review](#) for a detailed overview.



My favorite preformulated nootropic stack

Whether you are interested in designing your own custom nootropic stack or looking for new ideas, we will be adding new stacks on a regular basis, so stay tuned for more. You can also browse our individual nootropic profiles for even more stack ideas.

The key to designing a stack is to do the research and experiment to determine what works best for you.

Safety should always be the #1 priority. Therefore, it's always a good idea to speak to a medical professional before starting a new supplementation routine.

### Wrapping Up

As you can see, each nootropic in this stack was carefully selected for a particular purpose.

When combined, they work together to enhance their individual effects further, effectively optimizing the brain in various ways.

We have received a lot of positive feedback from readers that have tried this stack, and there is a good chance that it may be an excellent stack for you too.

While custom stacks are considered the best way to experience the full potential of nootropics, if you'd rather not experiment with combining different nootropics on your own, you can opt for a complete preformulated "ready to go" nootropic supplement such as the highly recommended [Mind Lab Pro by Opti-Nutra](#). Read my [Mind Lab Pro review](#) for a detailed overview.

Planning to start a new supplementation regimen? [See our medical disclaimer.](#)