

Brain Enhancing Drugs: Basic Information



About Brain Enhancing Drugs

- Brain enhancing drugs are also called nootropic, cognitive enhancers, or smart drugs.
- People use them in an attempt to increase mental alertness and improve memory.
- They also help boost concentration, focus, motivation, and wakefulness.

Other Names

- Nootropics
- Smart Drugs
- Brain Boosters
- Memory Boosters
- Neuroenhancers
- Drive Drugs
- Study Drugs
- Pharmacological Cognitive Enhancers

Off-Label Use

- Most healthy people use brain enhancing drugs to improve their cognitive performance.
- Off-label use of smart drugs improves a person's cognitive processes and performance.
- While brain enhancing drugs may help mask fatigue, they do not make people more intelligent.

How Do They Work?

- It is still unclear how exactly brain enhancing drugs work to stimulate the mind.
- However, research indicates that they may act on certain brain chemicals, aka neurotransmitters.
- One explanation is that brain enhancing drugs may increase the secretion of certain neurotransmitters.
- These neurotransmitters include dopamine, serotonin, GABA, adrenaline, orexin, among others.

Types of Brain Enhancing Drugs

#1 Eugeroics

- Eugeroics are a class of drugs that promote wakefulness and mental alertness.
- The most commonly used eugeroics are modafinil and armodafinil.
- The FDA approved modafinil and armodafinil to treat narcolepsy, obstructive sleep apnea, and shift work sleep disorder.

Types of Brain Enhancing Drugs

#2 ADHD Medications

- Ritalin and Adderall are the common medicines used for ADHD.
- They treat ADHD symptoms such as restlessness, impulsive behavior and inattentiveness.
- They also treat chronic fatigue, depression, and psychosis associated with depression.
- Research has shown that these are safe and effective brain enhancing drugs.

Types of Brain Enhancing Drugs

#3 Nootropic Supplements

- B vitamins, fish oil, and herbal supplements containing Ginkgo Biloba and Bacopa monnieri may boost cognitive performance.
- The benefits may not be as immediate but the effects of these [brain enhancing drugs](#) are reportedly much longer-lasting.
- However, the FDA does not promote these products, as they have not been examined in terms of safety and efficacy.

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Thank you!