

NOOTROPICS FOR MOOD AND SLEEP

Nootropics are supplements and other substances that may improve cognitive function, particularly executive functions, memory, creativity, or motivation, in healthy individuals. They may also improve sleep. The following is a list of our favorite ones:

Be sure to consult your doctor before starting any new therapies. Some Nootropics are not suitable to take while on anti-depressants.



1 ANIRACETAM

Available by prescription in Europe, this compound is unregulated in the United States and is sold OTC. The benefits seem to include reduced anxiety and depression, better sleep and reduced symptoms of ADHD. It also shows promise for Alzheimer's symptoms. The recommended dose is 750mg in the AM with a small amount of fat.



2 BACOPA MONNIERI

Bacopa monnieri is a nootropic herb that has been used in traditional medicine for longevity and cognitive enhancement. Supplementation may reduce anxiety and improve memory formation. The recommended dose is 300mg with a small amount of fat for increased absorption.

3 MAGNESIUM THREONATE

Magnesium threonate is a salt of magnesium and L-Threonate with neuroprotective and nootropic effects. Magnesium threonate can significantly improve memory and learning. This compound can cross the blood brain barrier and can help with sleep and energy production. Can be found in our online store as Designs for Health NeuroMag.



4 DHA

Docosahexaenoic acid (DHA) is an omega 3 fatty acid that is required for maintenance of normal brain function in adults. The inclusion of plentiful DHA in the diet improves learning ability, reduces symptoms of ADHD and is protective for mental health. Deficiencies of DHA are associated with deficits in learning and an increase in cardiovascular events. 500mg per day is recommended.



5 L-THEANINE

L-theanine is a compound that occurs naturally in green tea and black tea, and is also available in supplement form. L-theanine seems to provide a range of health benefits, including improved mental focus, better sleep quality and reduced anxiety. 200mg twice daily or only in the PM is recommended.



6 PHENIBUT

Phenibut is a derivative of GABA, a naturally occurring inhibitory neurotransmitter. Phenibut has been shown to have a calming effect and may assist in instances of stress, anxiety and occasional sleeplessness. 500-750mg is a good starting dose.

7 LIPOSOMAL NEUROCALM

This Designs for Health supplement is a combination of L-theanine and GABA. This supplement is often used in cases of severe anxiety and panic and may also help you go back to sleep when you wake in the middle of the night. Liposomes are spheres made of phospholipids—the primary building blocks of cell membranes. Taking the supplement in this form facilitates intracellular delivery ensuring quick and thorough absorption. You can purchase this supplement from our website and we recommend 2 pumps twice daily.



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Optimal Health Redefined