



COFFEE
most widely consumed
psychoactive substance
in the world



CHOCOLATE
Dark chocolate is rich in
flavonoids, and said to
enhance cognitive
function and memory.



GINKGO BILOBA
Ginkgo biloba is believed to
work by increasing blood flow
to the brain and reducing
oxidative stress.

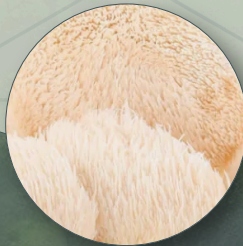
NATURAL NOOTROPICS



OMEGA 3
Docosahexaenoic acid (DHA),
a type of omega-3 fatty acid,
is particularly important for
cognitive function



PANAX GINSENG
believed to work by modulating
the release of neurotransmitters
such as dopamine and serotonin.



LION'S MANE
contains compounds called hericenones
and erinacines, which have been shown
to stimulate the growth of nerve cells