HOW TO MAKE YOUR OWN SMART DRUGS

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A VERY IMPORTANT AND HEARTFELT DISCLAIMER

At the time of this writing, the nootropics discussed in this guide are legal to purchase within the United States. This does not mean they should be consumed without first consulting with a physician. A drug purchased legally, over-the-counter, does not necessarily mean it is safe to use without professional supervision. I am not a doctor/physician, I am just some guy writing an e-book on the Internet. Please never risk your safety.

This guide is to be used for educational and informational purposes only. This guide is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For the diagnosis or treatment of any medical condition, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application, or preparation to any person reading or following the information in this guide.

PREFACE

First developed in the 1950s in the United States, Smart Drugs (also commonly referred to as Nootropics) inspired a generation of creative minds like Michael Hutchison, Bill Harris, and Dave Asprey. The word “Nootropics” was coined by Psychologist and Chemist C.C. Giurgea and comes from the Greek nous, or “mind,” and trepein meaning “to bend.”)

Resurging in use and popularity within the past five years (Google Trends suggesting a 1000% increase in searches since 2011,) Smart Drugs not only have been re-popularized, but new organizations are forming to designate best quality and new combinations to meet the demand. A new generation’s rediscovery of an old technology has already led to new advances in this field.

My use of Smart Drugs began in 2008. A year prior, I was diagnosed with chronic Lyme disease after traversing the woods in New Hampshire. Lyme disease is an interesting experience as it generally affects people differently. Some people have chronic joint pain, some have inflammation of the GI system, some lose movement in their limbs, and even all of the above.

For me, the spirochetal bacterial chose my brain. The corkscrew shaped critters dug their way into my cerebral tissues and, along with a great sense of chronic fatigue, I experienced a wide variety of mental performance issues for the next two years, with some lingering defects I still battle to this day. It is for this reason I began seeking information to improve brain health by altering my physiology to increase mental performance. This was my first serious attempt at what is now known as biohacking.

While long-term antibiotic treatment was the solution to 80% of my abnormal subjective experiences, I experimented, under a physician's care, with drugs to help lessen the negative experiences. The very first of what may be deemed as a Smart Drug is Modafinil.

Today, I use Smart Drugs (among other things such as brain-mind machines, meditation, diet, and exercise,) to assist in reclaiming the final 20% of my mental power, so I may live the life I desire.

In graduate school, I studied transpersonal psychology, which maps a lot of subjective territory having to do with the experience of the self. Smart Drug use within this context first became a serious academic pursuit of mine in 2013.

The path of Smart Drug use isn’t for everyone, however, I suspect, since you’re reading these words, you have enough interest to explore this option to see if it’s right for you.

Biohackers unite,
Steve Cronin

WHAT ARE SMART DRUGS?

Smart Drugs refer to exogenous substances (sometimes pharmaceuticals) in the common forms of capsules, tablets, liquids, and bulk powders, that change the electrochemical activity in the brain. At present day, objective measurables like electric brain waves, chemical neurotransmitters, and even tools for mapping blood flow, are our best bet in determining and predicting what a correlated subjective experience while on the drug might be.

Generally, Smart Drugs are thought to affect two major aspects of the brain (among others as well like blood flow:) brain waves and neurotransmitters. It is important to note that the exact mechanism of action which smart drugs (and many pharmaceutical drugs for that matter) are somewhat unknown. Because of this, individual research and education is a must before smart drug use, and this book is intended to act as a platform for that education. That being said, even with my expertise, I still only use smart drugs while under the care of a physician, and you should too!

Brain waves are identified patterns of electrical activity. They are measured by an electroencephalogram (EEG machine.) Generally, a dominant brainwave, or a combination of dominant brain waves, in certain regions of the brain are associated with subjective feelings of certain mental states. For example:

Gamma (30+ Hz) Heightened Perceptions
Beta (14-30 Hz) Normal Waking State
Alpha (9-13 Hz) Relaxed Focus
Theta (4-8 Hz) Deep Relaxation, Increased Mental Imagery
Delta (1-3 Hz) Deep Sleep
Epsilon (0.25-0.5 Hz) Extremely Deep Meditation, Possible Non-Dual Awareness

Neurotransmitters are chemicals within the brain that generally travel as messenger cells with brain waves.

Generally speaking, an increase of a specific neurotransmitter is thought to increase the correlated subjective effect. However, there exists a threshold in which further increases fall victim to a slew of negative side effects. While the average person (like myself) is unable to have access to the resources to determine what chemical deficits or dominants they may have, there are some primitive tools available, like the Braverman Assessment.

Some common neurotransmitters and their presumptive, subjective associations:

Acetylcholine - Focus, Learning, Memory

Dopamine - Pleasure, Movement, Addiction
Seretonin - Mood, Well-being
Noepiniephrine - Motivation, Attention
GABA - Sense of Calm, Focus, Anti-Anxiety

Recently, as documented by news outlets like VICE & WIRED, smart drugs have re-entered popular culture. Likely thanks to films like “Limitless” and “Lucy,” they are presented through the perspective of a “magical,” “miracle,” and fix-all solution. Unfortunately, these ideas are myths propagated by groups and individuals which imbue a sense of mystery and intrigue into the sensationalized minds of those reading about the drugs. Unfortunately, this attribution of a “magic pill” has very little basis in reality and often, in my experience with nootropics and the nootropics community, leads to extraordinary expectations which are never fulfilled. Most of these publications refer to a prescription only drug in the United States, which has off label uses for energy and focus, called Modafinil.

While Modafinil is a very powerful smart drug, its effects (like most smart drugs) are very subtle. Success is usually realized after daily use and tracking, and after a drug is removed from one’s regimine. People then realize the lack of brain power after stopping the smart drug use, rather than an immediate rush of brain power when initiating first use. That being said, everyone is different in both a physiological sense and in the manner through which we interpret new experiences.

While the limits of smart drugs for many people are those subtle experiences, their uses vary from inducing states of consciousness like focus, to cultivating a broadly defined skill like creativity. While there’s currently not a smart drug for every potential skill known to man, there’s a lot of claims floating around which are waiting to be explained. That being said, the following has been generally well-documented: different smart drugs induce different physiological changes within the body (including the two major components discussed earlier, brain waves and neurotransmitters.)

Drugs: Aniracetam, Piracetam, Choline, DMAE
Affected Neurotransmitter: Acetylcholine
Presumptive Affected Brain Waves: Alpha, Theta
Possible Subjective Effects: Increased sense of focus

This leads to the idea of stacking: that is, combining two or more nootropic substances together in order to either amplify, or generate new, desired effects. A common supplement to stack with something like aniracetam or piracetam is choline, which also acts as a precursor to acetylcholine. Too much of this particular precursor, however, can sometimes lead to undesirable side effects like headaches. Again, before ingesting these nootropics, professional guidance from a physician is strongly recommended. Something resembling the aforementioned stack, is what you'll be learning to make in this guide.

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What you'll need:

1. Piracetam
You can purchase piracetam in bulk from Powder City HERE!

Piracetam is a nootropic developed in 1964 that is thought to increase acetylcholine levels in the brain and may generate a subjective sense of focus.

See my Piracetam video review on YouTube for more information.

2. Choline Bitartrate
You can purchase choline bitartrate from Powder City HERE!

Choline is a precursor to acetylcholine in the brain, which is thought to create a subjective sense of increased focus.

See my Choline Bitartrate video review on YouTube for more information.

3 DMAE
You can purchase your DMAE from Powder City HERE!

DMAE is also a precursor to acetylcholine in the brain, which is thought to create a subjective sense of increased focus.

Check out my DMAE video review for more information.

4. Electronic Scale

I purchased mine from Amazon.

5. Blender (with mixing bowl)
I purchased this one from Amazon.

6. Capsule Machine (Size "0") and Empty Size "0" Capsules
I purchased my Size 0 Capsule Machine from PureBulk and my empty size 0 capsules from Amazon.

Step One:

After gathering your materials, measure the following amounts of nootropics and pour the measured amounts into your blender.

Piracetam (70 grams)

Choline (30 grams)
DMAE (30 grams)

You may adjust, or change, the above ratio as you see fit, personalized to your own research.

Step Two:

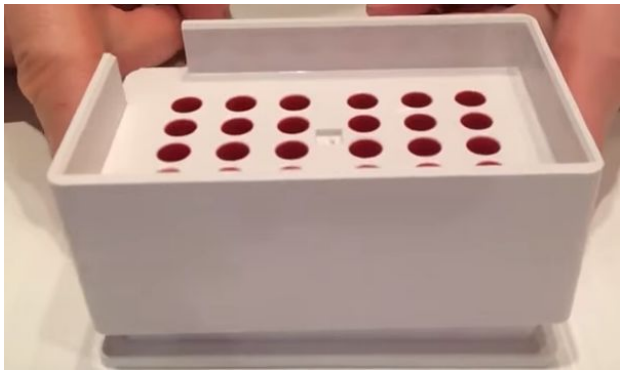
Blend the ingredients together for about 3 minutes. Be careful to take breaks when necessary if your particular blender heats quickly. Eventually, you'll see some lacing/ripple effects in the powder. This is how you'll know everything is being mixed thoroughly. If necessary, you may need to pause the blending process and slightly shake your blender if your ingredients attract to the edges of the vessel and do not mix properly.

Step Three:

Before taking the lid from your blender, take care to allow your ingredients to settle for several minutes in order to avoid excess amounts of powder releasing into the air. Pour your newly blended mixture into your mixing bowl.

Step Four:

Setup your Capsule Machine using its included instructions. You'll want to pull apart your empty capsule and place the long end into the base of the machine and the short ends into the top of the machine as seen below.



(Base of machine)

(Top of Machine)

Step Five:

Take care to pour a portion of your blended ingredients into the base of the machine as pictures below.

Step Six:

Use the card included with the Capsule machine to evenly distribute your ingredients as pictured below.

Step Seven:

Repeat steps five and six, then proceed to step eight.

Step Eight:

Using the particular instructions included with your capsule machine, fit the top of the machine (pictured above) over the base of the machine (also pictured above) and press firmly. The capsules will form together. Upon lifting the top of the machine, revealing your newly made capsules, you'll be able to release them into a container of your choosing.

Congratulations! You've now created your own nootropic stack!

What is the weight of each ingredient in each capsule?

1. Recall the original measurements:

Piracetam (70 grams)

Choline (30 grams)
DMAE (30 grams)
TOTAL (130 grams)

2. Divide the amount of each ingredient by 130 grams. For example, 70 grams of piracetam divided by 130 grams (the total amount) equals about 0.54 grams.

70g Piracetam / 130g = 0.54g of Piracetam
30g Choline / 130g = 0.23g of Choline
30g DMAE / 130g = 0.23g of DMAE

3. Multiply the numbers retrieved in step two by the weight attainable by the empty capsules. Size “0” capsules hold about 500-700mg. For example, 0.53 grams multiplied by 700 milligrams equals 371 milligrams. This is the amount of piracetam in each capsule.
0.54g Piracetam * 700mg = 378mg of Piracetam in each capsule
0.23g Choline * 700mg = 161mg of Choline in each capsule
0.23g DMAE * 700mg = 161mg of DMAE in each capsule

FINAL THOUGHTS

There you have it! You now have a basic knowledge for designing and encapsulating your own personal nootropic stacks. Please take care to perform all of your own research and your own arithmetic. Do NOT blindly following any formulas (including mine) without triple checking your own work and the work of your source. Before actually ingesting any nootropic (whether one you design or purchase from someone else,) please seek the advice of a physician. I am not a Doctor, I am just some guy writing an e-book on the Internet. I do not think it’s a good idea to take drugs (even legal ones) that can potentially be harmful without first consulting a physician. Please never risk your safety.