

# Aniracetam Instruction Sheet

How to start, use, stack, and benefit from Aniracetam

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## INTRO

What's happening! Glad you got this instruction sheet. This is a barebones, but detailed instruction sheet on how to use Aniracetam. I want to run through the contents of this sheet, so you have an idea of exactly what it lays out. With this instruction sheet, you'll have all the data on how to stack, use, and benefit from Aniracetam. There are OPTIMAL, and SUB-OPTIMAL ways to use this compound, and in this sheet, I am going to lay out both, so you're primed and ready to start supercharging your brain with Aniracetam.

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## Best Sources for Aniracetam

Right now, as it stands, there is 1 best source for Aniracetam, and some other relatively reputable sources for it.

1. [Nootropics Depot](#) – this is the most reputable place to buy Aniracetam on the internet

today. Their product is pure, ships to most places, and is delivered rather quickly.

2. [Pure Nootropics](#) – this is a less reputable company, but that still has quality Aniracetam powder .

If I were you, I'd stick exclusively with Nootropics Depot. They have been around a long time, have great product, and as users, we want to support them the best we can, to keep them in business serving the nootropics community for the foreseeable future.

## **Aniracetam Powder or Capsules?**

There are two options when purchasing Aniracetam. You can either purchase powder or capsules. The short answer on which is really: it depends. Ideally, you should be weighing out specific doses of Aniracetam on a milligram scale, and capsuling the powder yourself. That is the only way you can achieve specific doses that **work for your brain**.

In that case, powder is best. However – if you're wanting just to sample Aniracetam, and the generally recommended dose (700-750MG), then buying pre-made capsules is just fine, and a lot easier. Keep in mind though, that you won't be able to accurately microdose with Aniracetam (which we'll explain later), or take doses below the 700MG threshold. And when it comes to stacking Aniracetam, you'll want lower doses in most cases to get the best results.

## **How much Aniracetam to buy?**

Generally, you should purchase the lowest available amount. After all, you're just experimenting. You don't even quite know yet HOW you'll respond to Aniracetam. So you want to start low, and go from there. Once you determine if Aniracetam works well for you, and if you can achieve significant brain performance from the stacks laid out later in this instruction sheet, then you can purchase higher amounts of Aniracetam.

## **Aniracetam by itself**

Most nootropics can in fact be taken by themselves. And Aniracetam is no different. The best ways to dose Aniracetam by itself are listed below:

1. 150MG Aniracetam, every 1.5 hours, until 600MG is reached. This is called “microdosing,” and it keeps the compound active in your system at small quantities, over an extended period of time. The effect should be a good background stimulation and working memory.
2. 500MG Aniracetam in one shot. This is a modest dose of Aniracetam, that for most, should optimize memory and mental energy above baseline considerably. It isn't the highest dose, but should still be effective for most people.
3. 750MG Aniracetam in one shot. This is the generally recommended dose of Aniracetam, and should produce working memory, stimulation, and motivation to get work done for most people.

And that's about the gist of it. Aniracetam CAN work quite well by itself, but as you might imagine, usually it's best stacked with other things. Especially choline. That being said, let's knock out the elephant in the room...

## **Aniracetam and Choline**

The dilemma with racetams, Aniracetam included, is that they force the brain to use a neurotransmitter called acetylcholine. They accelerate the usage and release of it, and the end result is usually better brain performance. What that usually means, is that the user (you) has to supply the brain with a building block to acetylcholine, to give the brain enough to be put into use by the Aniracetam.

There are 2 main building blocks to acetylcholine. Here they are, with their dose ranges:

1. Alpha GPC - 30-250MG
2. CDP Choline - 30-250MG

Alpha GPC basically exclusively builds acetylcholine in the brain. CDP Choline does so too, but also optimizes dopamine functionality, adding motivation to the list of effects. The dose ranges are wide for a reason: some people can tolerate more, others do best with less.

Generally speaking, you should start at the low end of those dose ranges and work your way up. There is such a thing as too much acetylcholine in the brain, and when that happens, brain fog, memory issues, and a lack of focus ensues. As we get into breaking down stacks, you will see laid out in simple form, exactly how to dose these two compounds with Aniracetam.

Now with that of the way, let's get right into stacking Aniracetam. There are MANY nootropic compounds that Aniracetam plays well with (stacks synergistically with). And in the stacks section, we'll lay out the various combinations of those ingredients. But for now, here is the list

of compounds that Aniracetam stacks with:

1. Piracetam
2. Oxiracetam
3. Phenylpiracetam
4. Coluracetam
5. Fasoracetam
6. Pramiracetam
7. CDP Choline
8. Alpha GPC
9. Centrophenoxine
10. DMAE
11. Triacetyluridine
12. Uridine monophosphate
13. L-Tyrosine
14. L-Theanine
15. ALCAR
16. Modafinil
17. Theacrine
18. Noopept
19. PRL-853
20. ALA
21. Caffeine

Now – there are more compounds Aniracetam stacks with, but 99% of the time, you'll be

stacking it with the above nootropics. And just below, and to conclude this instruction sheet, we're going to lay out the best stacks with Aniracetam. But first, I think it's useful to explain cycling in general, and how to cycle Aniracetam. Let's get that knocked out quick below:

## **Cycling Aniracetam**

Cycling refers to taking a particular nootropic compound in an on and off fashion. Take the compound for 3 days, cycle off for 4. Take the compound for two weeks, cycle off for 1 week. Take the compound for 2 months 4 days a week, cycle off for an entire 2 weeks.

With Aniracetam you have to be a bit judicious on your use. You don't want to take it too frequently, where you run into a tolerance of the chemical. If you do, you're almost guaranteed for the chemical to not work as effectively as it once did. I've seen countless cases of people trying Aniracetam, loving it, and then taking it everyday for 2 months straight. **Then one day, the chemical just stops working for them.** That's tolerance, and that effect is hard to reverse.

At that point, one needs to remove Aniracetam from their roster, and wait 3-5 months before re-administering it again. But one can largely avoid that by following the guidelines below:

1. Do not take Aniracetam for any more than 4 days a week, giving yourself 3 days to cycle completely off of it.
2. Ideally, you should only take Aniracetam 2-3 times a week. That gives you the best chance to keep the compound functioning the way you need it to function.
3. As you'll learn if you have consumed any of our content, or read the God book on Nootropics called [Smarter Better Faster](#), having many different nootropic options to choose from, is best.

4. At any point, if Aniracetam starts to lose efficacy, immediately stop taking it, and move onto something else. Perhaps a different racetam, or different compound all together. But again, if you're cycling correctly, because you have other options to choose from nootropic wise, you shouldn't run into this problem.

Ok! Now that cycling is out of the way, let's get to the primary functional part of this instruction sheet..

## **Aniracetam Stacks**

In this section, I'm going to lay out only the best Aniracetam stacks, starting from somewhat simple, to more complex and functional. With any of these stacks, if the desired effect is not reached, modify the doses of each compound individually, in small increments, run the experiment again, and eventually reach a sweet spot dose.

1. 500MG Aniracetam/50MG CDP Choline. Effects: stimulation, motivation, and working memory.
2. 400MG Aniracetam/400MG Oxiracetam/50MG Alpha GPC. Effects: stimulation, motivation, working memory, and focus.
3. 750MG Aniracetam/150MG Alpha GPC. Effects: stimulation, motivation, strong working memory, and great ability to multitask.
4. 500MG Aniracetam/200MG Oxiracetam/125MG Theacrine. Effects: strong mental energy, stimulation, focus, and working memory.
5. 400MG Aniracetam/50MG Triacetyluridine/50MG CDP Choline. Effects: motivation, working memory, and focus.
6. 600MG Aniracetam/100MG Uridine monophosphate/30MG Alpha GPC/100MG L-Theanine. Effects: calm focus, motivation, working memory, and brain fluidity.



7. 500MG Aniracetam/200MG L-Tyrosine/200MG L-Theanine/50MG CDP Choline.

Effects: stimulation, working memory, mental alertness, calm focus, and brain energy.

8. 400MG Aniracetam/10MG Faosoracetam/5MG Noopept/100MG Alpha GPC. Effects:

lots of working memory, background calm focus, and mental stimulation.

9. 700MG Aniracetam/10MG Coluracetam/100MG Phenylpiracetam/100MG CDP Choline.

Effects: strong stimulation and mental energy, powerful working memory, and general motivation.

10. 500MG Aniracetam/200MG Caffeine/200MG L-Theanine/50MG Alpha GPC. Effects:

calm focus with a background strong energy, and functional working memory.

11. 400MG Aniracetam/200MG Pramiracetam/100MG Alpha GPC. Effects: strong memory

recall, stimulation, and a degree of motivation.

12. 650MG Aniracetam/2G Piracetam/100MG Alpha GPC. Effects: brain fluidity, working

memory, stimulation, and multi-tasking ability.

13. 200MG Aniracetam/100MG Oxiracetam/10MG Noopept/5MG Coluracetam/50MG CDP

Choline. Effects: background motivation, strong working memory, mild stimulation, mild focus, and general brain fluidity.

14. 450MG Aniracetam/250MG Phenylpiracetam/100MG Uridine/100MG Alpha GPC.

Effects: strong mental energy, mild focus, strong mental endurance, and strong verbal fluency.

15. 500MG Aniracetam/200MG Centrophoxine/40MG Alpha GPC/B complex/70MG

Modafinil/B Complex/4G fish oil. Effects: long lasting mental endurance, strong working memory, extreme focus, lasting motivation.

16. 500MG Aniracetam/50MG Theobromine/40MG Alpha GPC/150MG Theacrine. Effects:

strong mental stimulation and energy, working memory, and lasting mental endurance.

And that is the list! There are many more combinations of Aniracetam that you can put together, but these are the best 15 to start with. This list will help you cut through months and perhaps years of experimentation to find the best doses. These doses/stacks work quite well for a vast majority of people, and are the most surgical ways to experiment with Aniracetam.

Keep this instruction sheet near. Always available on your PC, Mac, or mobile device. Break it out when you have Aniracetam on hand, and want to experiment with it to supercharge brain performance.

Overall Aniracetam is a wonder compound. If used right, and stacked intelligently, it can optimize your brain's baseline in a magical way. I use Aniracetam 5-7 times a month, for specific things. I like to amp up my working memory when reading big scientific papers. I like to take Aniracetam when I have 10 things to do, that will take 15 minutes each (Aniracetam is great for multi-tasking), and I stack it with the above ingredients, to reach synergistic, functional brain states.

And now you can too. Keep this instruction sheet around. Archive it. Save it. And reference it for Aniracetam experimentation.

## **FINAL WORD and upgrading your brain**

We've reached the end of this instruction sheet. I hope I've provided a no frills, no BS strategy document for you to experiment with Aniracetam. I want to thank you for downloading this instruction sheet, and wish you the very best on your adventures with Aniracetam, and nootropics in general.

At Cortex Labs, we have a roster of extremely helpful nootropic products to help you optimize your mental performance, and take your nootropics game to the elite level. Please take a minute to check out the following nootropic products:

1. [The Cortex Nootropic Stack](#) – this is our world renowned pre-made nootropic stack. It supercharges your mental energy, focus, motivation, and verbal fluency. In the eyes of our users, it is the best stack out there.
2. [Nootropics consulting: 40 minute call/15 follow up emails](#) – this is our baseline nootropics consulting program. It's 1, 40 minute call with me Ryan, helping you get questions answered on nootropics, and then me formulating you 5-7 custom stack suggestions that you can start experimenting with right away. I also work with you via email thereafter to refine said stacks, and put you on a schedule to take them.
3. [Nootropics consulting: 3.5 months](#) – this package is a comprehensive, all inclusive nootropics consultation. It includes: 3.5 months of unlimited calls, unlimited emails, and Cortex Labs formulating you custom, tailored nootropic stacks, and mailing them to you. You read that right. You don't purchase any nootropics. We do, formulate the stacks, and mail them to you. It comes with ALL of our digital books, and is widely used by executives and business people all around the world.
4. [Nootropics consulting: 6 months](#) – this package is identical to the one above, but lasts for 6 months. Unlimited calls, unlimited emails, and tailored, custom stack formulation where Cortex Labs provides you the stacks, ships them to you, and guides you on administration. This package comes with all of our digital books, and 2 bottles of our stack Cortex.
5. [Viking Testosterone Protocol](#) – this is a protocol of 9 testosterone hacks, that supercharge

testosterone levels, giving you back your sex drive, erection quality, lust for life, motivation, focus, muscle building capacity, and fat loss ability.

6. [Smarter Better Faster – Audio book](#) – this is the tell all book on how to use nootropics surgically, packed with powerful nootropic stacks, instructions, guidelines, experiences, and philosophy. It compiles 12 years of nootropics usage and experimentation, into one digestible audiobook. And it's me, Ryan, reading the book in the background! It's such a cool product, and I hope you'll snag a copy.

Ok! That concludes the Aniracetam instruction sheet. I hope it's given you some value in your journey with this awesome compound, and nootropics in general. Thank you for your time, interest, and patience. But that's not it. We have 650 + FREE videos on nootropics instruction and strategy, on our [YouTube Channel here](#).

And if you ever need to get a hold of me personally, send a text to our business line: 610.924.7041. Until then – Rock on, and Godspeed.

Ryan –