
BOOST YOUR BRAIN POWER: A LOOK AT SMART DRUGS AND THEIR EFFECTS

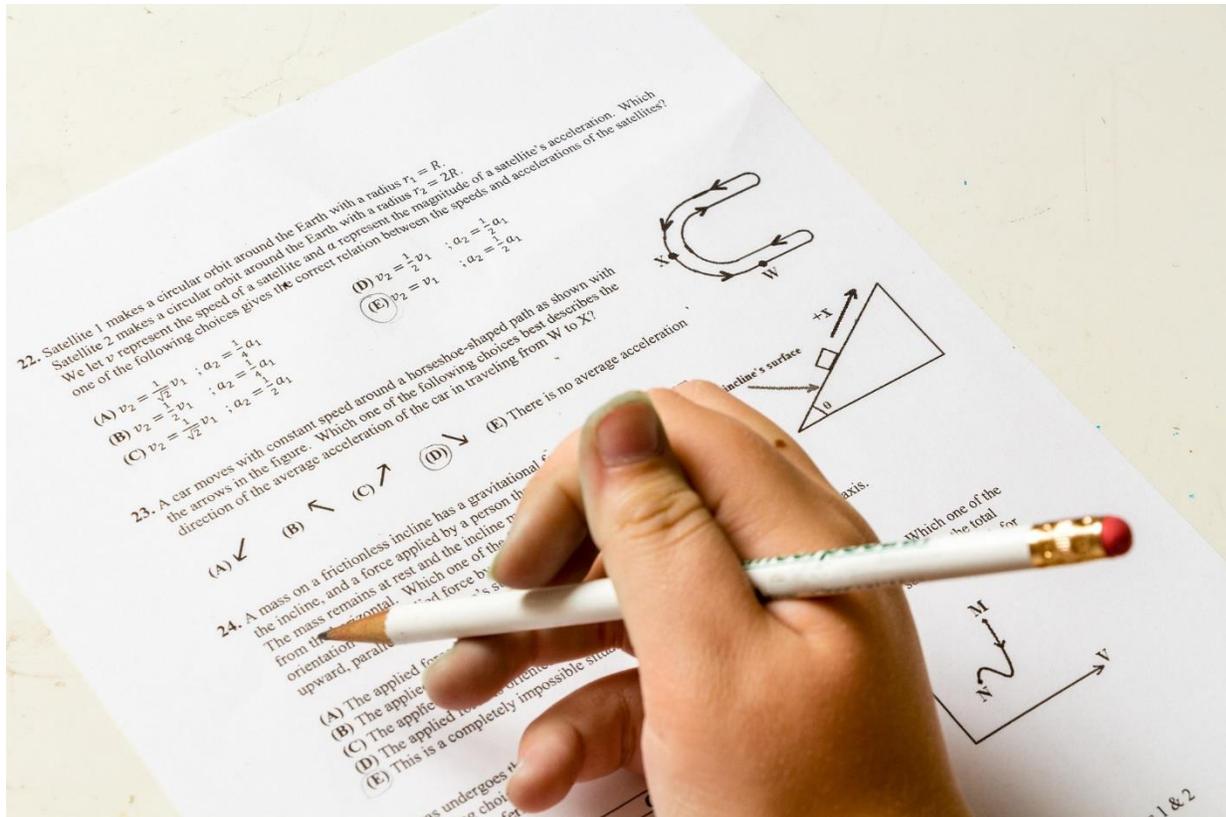
Finally, there's a pill that you can pop daily to boost your brain power. Modafinil can improve your cognitive function without causing adverse side effects, according to a study published in the European Neuropsychopharmacology journal.



For decades, researchers have been looking for safe and effective drugs that can boost your brain power. Here are some of the promising chemicals researchers have been considering for the past century:

- Caffeine – Caffeine is probably one of the most well-known stimulants. It has been used for hundreds of years to enhance alertness and heighten attention. The problem is that the effects are temporary and tolerance develops quickly.
- Nicotine – Nicotine is also a stimulant that has been used for medical purposes. Its severe systemic side effects and addictive properties make it unsafe for daily use.
- Amphetamine – Amphetamine boosts norepinephrine and dopamine levels in your brain. This heightens attention and improves memory. It can, however, be addictive. It also comes with serious side effects such as appetite loss and even psychosis.
- Methylphenidate – Methylphenidate is prescribed to patients who experience hyperactivity. It became a common medication for ADHD in the 1990s to reduce hyperactivity and improve focus. The drug, however, doesn't come without adverse effects. It can cause insomnia, weight loss, and anxiety in some individuals.
- Anticholinesterase - An acetylcholinesterase inhibitor is a drug used in the treatment of Alzheimer's and Parkinson's diseases. It can also be used to treat cognitive problems in patients with schizophrenia and autism, but it's also known for some serious side effects such as slow heartbeat, lack of appetite, and sudden weight loss.
- Modafinil – Modafinil is a drug that promotes wakefulness. It is used as a treatment for various conditions like narcolepsy and obstructive sleep apnea. The potential for addiction and dependence in Modafinil is very low, but it remains as a schedule IV controlled substance by the United States FDA.

Don't run to the doctor for a prescription just yet. Although it's known to boost your brain power, it's important to consider the side effects. It has been shown to cause headaches, stomachaches, and insomnia in some users.



Should You Pop a Pill to Boost Your Brain Power?

If you have an illness these unwanted issues may be worth the suffering, but if you are healthy, the risks outweigh the benefits. Modafinil may help you ace an exam, but would it be worth the torturous stomach ache later?