



THE BRILLIANT MIND BLUEPRINT



HOW TO EXPERIENCE
THE ULTIMATE MENTAL
STATES EVERY DAY

Matt Gallant and Mr Noots

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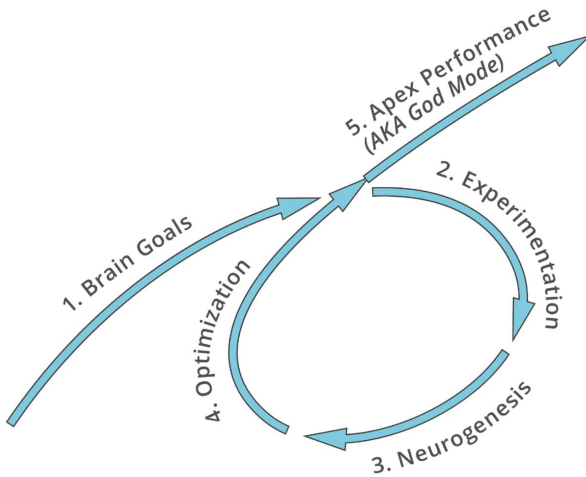
PREFACE

Your Journey to "God Mode"

Congratulations on starting your journey to unlocking your brilliance within. You're about to experience the pinnacle of brain enhancing supplements.

You're in for a deep, fun adventure. These 4 stacks and 9 PERSONALIZED formulas are going to help you become THE MAESTRO OF YOUR MIND. You'll be able to wake up each day and choose how you want to be every day and have the tools to shift your brain in whatever state you want.

Within The Next 60 Days, Nootopia Is Going To Help You Unlock Your Personal "God Mode"



Here are 5 Phases that will unlock your brain's superpowers over the next 2 months:

1. The Brain Goals: Find and create stacks that:

- A. Bring your brain and performance to 100% of its true potential every single day.
- B. Activate and shift your brain into specific STATES that make it easier for you to succeed at your goals.
- C. Unlock NEW states that you've never experienced before.

2. Experimentation... Please follow our 30 day guided Nootopia journey.



By systematically testing the stacks, you're going to figure out which blends and combos are magical for your brain. There are dozens and dozens of ways you can combine your personalized nootropic blends. We've also included the 1-page "cheat code sheet" to make it easier to understand each product. **Keep experimenting and HAVE FUN.**

EXPERIMENTATION is a very important part of finding the ideal combinations, timing, and dosages for YOU, your circadian rhythms, your neurochemistry, and your goals.

"Attack Dose" and Timing Matters: You're going to figure out the right "attack dose" (which means your starter dose) and speed-of-dosing for each stack. For instance, drinking Nectar X and Power Solution at the right attack dose and pace makes a big difference. For example, if you drink $\frac{1}{2}$ right away it may either be a good starting point or it might be too much for you. If so, start with $\frac{1}{4}$ and then sip the rest over a few hours to stream in the ingredients at the right velocity to get your brain to its peak state and keep it there.

3. Neurogenesis... is when your brain and neurons grow and form in new ways, which is one of the key benefits of using the Nootopia stacks over time. This means the positive effects are going to build up and "level up" your brain's baseline. This also means that they get more and more effective over time. We've seen this with virtually every client; that **after a few doses of the Breakthrough Brain Stacks, they are much more effective than in the beginning.**

4. Optimization...

Optimization #1: We're going to tweak each formula based on your monthly feedback and get them PERFECT for you. We usually get it "just right for you" within 2 or 3 cycles. Is Power Solution too strong? We can dial back the "stimulation". Want it stronger? We've got you.

Optimization #2: You can shift your stacks each month. If there's a stack you don't enjoy, you can swap it for another stack. Plus, we will constantly be releasing NEW stacks for you to experience. The journey to God Mode is less of an event and more of a process. You're in control. You get to take it as far as you like.

Also, if you want you can change the frequency of your orders. Some people can stretch "World Domination" to 2 months.

However, be aware that the combinations are almost endless. *We are also coming out with more foundational formulas to create more stacking possibilities in the next few months.*

5. Apex Performance

Apex Performance happens once you dial in your nervous system, neurochemistry and hormones to the sweet spot. You'll be able to perform and feel at your absolute best. This is when you've achieved your goal of feeling and performing at your best. This is when you've got your states dialled in and you're able to shift to whatever you want.



CHAPTER 1

Your First 30 Days

The goal of the first month is to guide you systematically through the wide array of stacks and states that are possible with Nootopia. This is the experimentation phase. The 30 day Guided Journey is designed to give your brain a wide array of experiences to see what works best for you. Your feedback and experience from the first 30 days will help us guide your next month's custom blends. Also, remember that you can swap various components each month also.

We suggest starting with single blends before combining stacks. Every capsule and every mixture is already a complete hyper-effective stack by itself. Once you understand how your mind and body react to each individual blend, you can then start "stacking the stacks" to unlock even more powerful states.

Our suggestion is to take weekends off to give your brain, receptors, and nervous system a little break and take Mental Reboot on one of those days to clean your brain.

Here are our suggestions [for the first 30 days](#) of your Nootopia Journey for people on the Focused Ferocity and World Domination subscriptions.

	Suggestions	Notes and Instructions
DAY 1	<p>Start with just Nectar X.</p> <p>Expected Effects:</p> <ul style="list-style-type: none"> • Energy • Mental endurance • Mental clarity • Neurogenesis (it gets better with repeated use) 	<p><u>WARNING: Please be careful with your coffee intake. We suggest minimizing coffee and caffeine with certain blends like Nectar X, Power Solution, and Focused Savagery until you have seen how your brain reacts with the stacks. The stacks potentiate (which means it increases the effect) the caffeine.</u></p> <p>Mix the Nectar powder with 24 oz of water. Drink ½ right away. Sip the rest over the next 2 hours.</p>
DAY 2	<p>Take 1 Apex</p> <p>Expected Effects:</p> <ul style="list-style-type: none"> • Boost in energy • Stronger focus • Calmness • Increased creativity 	<p>Take 1 cap in the morning on an empty stomach (to allow the oils to metabolize and enter the bloodstream unencumbered and to ensure it is not competing with proteins that could blunt effectiveness). (See page 13 for increasing absorption)</p> <p>You can stack it with buttered coffee.</p>
DAY 3	<p>Take 1 Upbeat</p> <p>Expected Effects:</p> <ul style="list-style-type: none"> • Confidence • Ambition • More positivity 	<p>Take 1-2 capsules first thing in the morning for improved energy, clarity, and focus.</p> <p>Use it when you're going to be speaking to other people and want to maximize EQ (emotional intelligence).</p>



DAY 4	<p>Take ½ of a Power Solution</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Increase in drive● Boost in aggression● Mental clarity <p>WARNING: Power Solution is very strong. This is why we suggest drinking HALF right away and sipping the rest slowly, to see how it impacts your brain. For some people, ¼ tube of PS is more than enough.</p>	<p><u>WARNING: Power Solution is a very potent blend. We suggest not taking other caffeine sources (decaf coffee is fine) with Power Solution until you have seen how your body reacts. This is because of its strong potentiation effect---Power Solution multiplies the effects of caffeine. This is especially true for any "slow caffeine metabolizer".</u></p> <p>Mix the entire tube of powder from a Power Solution with 24 oz of water. Drink 1/2 right away (for some people, ¼ is more than enough). Sip the rest over the next 3 hours.</p>
DAY 5	<p>Take 1 Focused Savagery</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Deep focus● Intense drive● Hyper productivity	<p><u>WARNING: Focused Savagery is a very potent blend. We suggest not taking other caffeine sources (decaf coffee is fine) with Focused Savagery until you have seen how your body reacts. This is because of its strong potentiation effect---Focused Savagery multiplies the effects of caffeine. This is especially true for any "slow caffeine metabolizer".</u></p> <p>Take 1 Focused Savagery first thing in the morning.</p>
DAY 6	<p>Zamner Juice Day!</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Mood booster● Positivity● Verbal fluency	<p>Take 4-6 Sprays of Zamner Juice three times: first thing upon awakening, before lunch, and mid afternoon.</p>
DAY 7	<p>Mental Reboot Day</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Mental clarity● Calm	<p>Wake up and open the Mental Reboot AM cap (pinkish) and pour the powder into your mouth and let it rest.</p> <p>1 hour before bed, take the Mental Reboot PM cap (it's a multi-layered cap), without opening, with water.</p>
DAY 8	<p>Take 1 Brain Flow</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Confidence● Smooth energy	<p>Take 1-2 capsules on an empty stomach (or 45-60 minutes before or after eating). The capsules will take roughly 30 minutes to kick in and last 4-6 hours.</p> <p>Combine with any of our other nootropic formulas: Apex, Focused Savagery, Nectar X, Power Solution, and Upbeat.</p>
DAY 9	<p>Breakthrough Brain Stack 1: The Genius Activator: Variation 1 1 Nectar X + 1 Brain Flow</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Smooth energy● Mental endurance● Mental clarity	<p>Adjust your Nectar X dosage based on your first experience. Felt "too much stimulation"? Then cut the dose in half.</p> <p>Also, adjust your coffee/caffeine intake accordingly.</p> <p>Start your day by mixing the Nectar X with 24 oz of water. Drink half immediately and then sip the rest over over the next 3-6 hours. Then take Brain Flow around</p>



	<ul style="list-style-type: none">• Neurogenesis (it gets better with repeated use)• Confidence	11 am (or an hour before your mid-day meal) to give you an added boost throughout the afternoon.
DAY 10	Breakthrough Brain Stack 2: The Neuro Primer: Variation 1 1 Apex + 1 Brain Flow Expected Effects: <ul style="list-style-type: none">• Boost in energy• Stronger focus• Calmness• Increased creativity• Confidence	Take 1 Apex upon awakening. Then add 1 Brain Flow 2 hours later.
DAY 11	Breakthrough Brain Stack 3: Social Command: Variation 1 1 Upbeat + 1 Power Solution Expected Effects: <ul style="list-style-type: none">• Confidence• Ambition• More positivity• Increase in drive• Boost in aggression• Mental clarity	<p><u>Adjust your caffeine/coffee dosage based on your first few experiences. This is because of the strong potentiation effect that Power Solution has. It is a very potent blend and multiplies the effects of caffeine.</u></p> <p>Adjust your Power Solution dosage based on your first experience. Felt "too much stimulation"? Then cut the dose in half. For people that are more sensitive to stimulants, 20% of a Power Solution tube is enough.</p> <p>Take 1 Upbeat upon awakening. 1 hour later, mix the Power Solution powder with 24 oz of water. Drink ¼ right away. Sip the rest over the next 3 hours.</p>
DAY 12	Breakthrough Brain Stack 4: The Deep Work Stack: Variation 1 1 Upbeat + 1 Focused Savagery Expected Effects: <ul style="list-style-type: none">• Confidence• Ambition• More positivity• Deep focus• Intense drive• Hyper productivity	<p><u>Adjust your caffeine/coffee dosage based on your first few experiences.</u></p> <p>Take Upbeat upon awakening and then add Focused Savagery 2 hours later.</p>
DAY 13	Mental Reboot Day Expected Effects: <ul style="list-style-type: none">• Mental Clarity• Calm	<p>Upon awakening, open the Mental Reboot AM cap (pinkish), pour the powder into your mouth, and let it rest.</p> <p>1 hour before bed, take the Mental Reboot PM cap (it's a multi-layered cap).</p>
DAY 14	DAY OFF	Give your brain and receptors a rest today.
DAY 15	Breakthrough Brain Stack 1: The Genius Activator: Variation 2	<u>Adjust your caffeine/coffee dosage based on your first few experiences.</u>



	<p>1 Nectar X + 1 Brain Flow + Zamner Juice.</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Energy● Mental endurance● Mental clarity● Neurogenesis (it gets better with repeated use)● Mood booster● Positivity● Verbal fluency	<p>Wake up and take 4 sprays of Zamner Juice. Then take 1 capsule of Brain Flow early in the day (preferably 60 minutes before or after breakfast) for optimum experience and benefit.</p> <p>Adjust your Nectar X dosage based on your first couple of experiences. If you felt optimized last time, use the same dose or try a bit more. Then 90 minutes later, mix Nectar X with 20 oz of water. Drink 4 oz immediately and then sip the rest over the next 3-6 hours.</p> <p>Take 4 sprays of Zamner Juice every 3-6 hours, up to 4 times.</p>
DAY 16	<p>Breakthrough Brain Stack 2: The Neuro Primer: Variation 2 1 Apex + 1 Brain Flow</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Boost in energy● Stronger focus● Calmness● Increased creativity● Confidence	<p>Take both capsules upon awakening: The Apex + Brain Flow. For extra absorption, take all your "fat supplements" (CBD, krill, EFA, etc...) and fat-soluble vitamins (vitamin D, K, A) at the same time.</p>
DAY 17	<p>Breakthrough Brain Stack 3: Social Command: Variation 2 1 Upbeat + 1 Power Solution + Zamner Juice</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Confidence● Ambition● More positivity● Increase in drive● Boost in aggression● Mental clarity● Mood booster● Positivity● Verbal fluency	<p><u>Adjust your caffeine/coffee dosage based on your first few experiences.</u></p> <p>Wake up and take 4 sprays of Zamner Juice.</p> <p>Then, mix the appropriate amount of Power Solution with 24 oz of water. Drink ¼ right away and sip the rest over 3 hours. Then take Upbeat around noon.</p> <p>Adjust your Power Solution dosage based on your first few experiences. If you felt optimized last time, use the same dose or try a bit more.</p> <p>Take 4 sprays of Zamner Juice every 3-6 hours, up to 4 times.</p>
DAY 18	<p>Breakthrough Brain Stack 4: The Deep Work Stack: Variation 2 1 Upbeat + 1 Focused Savagery</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Confidence● Ambition● More positivity● Deep focus● Intense drive● Hyper productivity	<p><u>Adjust your caffeine/coffee dosage based on your first few experiences.</u></p> <p>Take both capsules upon awakening: Focused Savagery + Upbeat.</p>
DAY 19	<p>Breakthrough Brain Stack 1: The Genius Activator: Variation 3</p>	<p>Wake up and take 4 sprays of Zamner Juice.</p>



	<p>1 Nectar X + 1 Upbeat + Zamner Juice</p> <p>Effect: The increase in serotonin will add to the dopamine rise from Nectar X, giving you a "ZOWIE!" in confidence. And a "POW" in "breakthrough thinking".</p> <ul style="list-style-type: none">• Energy• Mental endurance• Mental clarity• Neurogenesis (it gets better with repeated use)• Confidence• Ambition• More positivity• Mood booster• Verbal fluency	<p>Take 1 Upbeat cap upon awakening. Then, mix Nectar X with 20 oz of water. Drink 4 oz immediately and sip the rest over the next 3-6 hours.</p> <p>Take 4 sprays of Zamner Juice every 3-6 hours, up to 4 times.</p>
DAY 20	<p>Mental Reboot Day</p> <p>Expected Effects:</p> <ul style="list-style-type: none">• Mental Clarity• Calm	<p>Wake up and open the Mental Reboot AM cap (pinkish), pour the powder into your mouth, and let it rest.</p> <p>1 hour before bed, take the Mental Reboot PM cap (it's a multi-layered cap) without opening it.</p>
DAY 21	DAY OFF	Give your brain and receptors a rest today.
DAY 22	<p>Breakthrough Brain Stack 2: The Neuro Primer: Variation 3 1 Apex + 1 Brain Flow + Zamner Juice</p> <p>Expected Effects:</p> <ul style="list-style-type: none">• Boost in energy• Stronger focus• Calmness• Increased creativity• Confidence• Mood booster• Positivity• Verbal fluency	<p>Wake up and take 4-6 sprays of Zamner Juice. Feel free to experiment with 6 sprays to see how your brain feels.</p> <p>Take Brain Flow upon awakening. For extra absorption, take all your "fat supplements" (CBD, krill, EFA, etc...) and fat-soluble vitamins (vitamin D, K, A) at the same time.</p> <p>Add The Apex two hours later.</p> <p>Take 4 sprays of Zamner Juice every 3-6 hours, up to 4 times.</p>
DAY 23	<p>Breakthrough Brain Stack 3: Social Command: Variation 3 1 Upbeat + 1 Power Solution</p> <p>Expected Effects:</p> <ul style="list-style-type: none">• Confidence• Ambition• More positivity• Increase in drive• Boost in aggression• Mental clarity	<p>Take Upbeat upon awakening and add Power Solution two hours later. Mix Power Solution with 24 oz of water. Drink ¼ right away and sip the rest over the next 3 hours.</p>



DAY 24	<p>Breakthrough Brain Stack 4: The Deep Work Stack: Variation 3 1 Upbeat + 1 Focused Savagery + ½ Nectar X + Zamner Juice</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Confidence● Ambition● More positivity● Deep focus● Intense drive● Hyper productivity● Mood booster● Verbal fluency	<p><u>Adjust your caffeine/coffee dosage.</u></p> <p>Upon awakening, take 4-6 sprays of Zamner Juice and 1 Focused Savagery. Then mix ¼ to ½ of a tube of Nectar X (depending on your sensitivity to it) with 24 oz of water. Drink ¼ right away and sip the rest over the next 3-5 hours.</p> <p>Take Upbeat around noon.</p>
DAY 25	<p>Breakthrough Brain Stack 1: The Genius Activator: Variation 4 1 Nectar X + 1 Brain Flow + ¼ Power Solution</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Energy● Mental endurance● Mental clarity● Neurogenesis (it gets better with repeated use)● Confidence● Increase in drive● Boost in aggression	<p><u>Adjust your caffeine/coffee dosage.</u></p> <p>Take 1 Brain Flow upon awakening. Mix Nectar X with 20 oz of water. Drink 4 oz immediately and sip the rest over the next 3-6 hours.</p> <p>Early afternoon, drink ¼ of Power Solution to kiss “the afternoon lows” goodbye.</p>
DAY 26	<p>Breakthrough Brain Stack 2: The Neuro Primer: Variation 4 1 Apex + 1 Brain Flow + ½ Nectar X + Zamner Juice</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Boost in energy● Stronger focus● Calmness● Increased creativity● Confidence● Mental endurance● Mental clarity● Neurogenesis (it gets better with repeated use)● Mood booster● Positivity● Verbal fluency	<p><u>Adjust your caffeine/coffee dosage.</u></p> <p>Wake up and take 4-6 sprays of Zamner Juice and both capsules: The Apex + Brain Flow. For extra absorption, take all your “fat supplements” (CBD, krill, EFA, etc...) and fat-soluble vitamins (vitamin D, K, A) at the same thing.</p> <p>Early afternoon, drink ½ of Nectar X to power you through the rest of the day.</p>
DAY 27	<p>Mental Reboot Day</p> <p>Expected Effects:</p> <ul style="list-style-type: none">● Mental Clarity● Calm	<p>Wake up and open the Mental Reboot AM cap (pinkish), pour the powder into your mouth, and let it rest.</p> <p>1 hour before bed, take the Mental Reboot PM cap (it’s a multi-layered cap) without opening it.</p>



DAY 28	DAY OFF	Give your brain and receptors a rest today.
DAY 29	Breakthrough Brain Stack 3: Social Command: Variation 4 1 Upbeat + 1 Power Solution + 1 Brain Flow Expected Effects: <ul style="list-style-type: none">● Confidence● Ambition● More positivity● Increase in drive● Boost in aggression● Mental clarity● Smooth energy	<u>Adjust your caffeine/coffee dosage.</u> Take both capsules (Upbeat + Brain Flow) upon awakening. 1 hour after, mix 1 tube of Power Solution with 24 oz of water, drink ¼ right away and sip the rest throughout the day.
DAY 30	Breakthrough Brain Stack 4: The Deep Work Stack: Variation 4 1 Upbeat + 1 Focused Savagery + Zamner Juice Expected Effects: <ul style="list-style-type: none">● Confidence● Ambition● More positivity● Deep focus● Intense drive● Hyper productivity● Mood booster● Verbal fluency	<u>Adjust your caffeine/coffee dosage.</u> Wake up and take 4-6 sprays of Zamner Juice. Try stacking Focused Savagery with 1 Upbeat Capsule. Every 2 hours, take 4-6 sprays of Zamner Juice in your mouth (let it dissolve inside). Take 4 sprays of Zamner Juice every 3-6 hours, up to 4 times.



CHAPTER 2

12 Powermoves To Maximize Your Brain's Performance

The practical Powermoves (tips) in this chapter will help you get the most out of your Nootopia stacks.

These formulations are not your basic vitamins or supplements. They are very powerful physiological and neurological enhancers. EVERYONE'S BRAIN CHEMISTRY IS UNIQUE. However, there are a few universal principles that apply to everyone that will boost the effectiveness significantly.

Performance Enhancing Powermove #1: More is NOT Better... OPTIMAL IS MORE

One of the core principles of Biological Optimization is to find the ideal dose of each nutrient for peak performance. This means that optimum performance isn't achieved by taking as much as possible. The goal is to get you to your ideal state, stay there, and avoid going beyond that.

We are approaching brain optimization like a symphony. We want to have the full orchestra playing at the right volumes. You don't want the cello or drums to "overpower" the rest of the orchestra. You don't want to just hear "bass" in the mix.

VERY IMPORTANT: FIND YOUR "STIMULATION SWEET SPOT"

One of the most important aspects of your neuro journey is to find your sweet spot when it comes to nervous system stimulation.

That's where the "Apex Performance" is... AKA: The Zamner Zone.

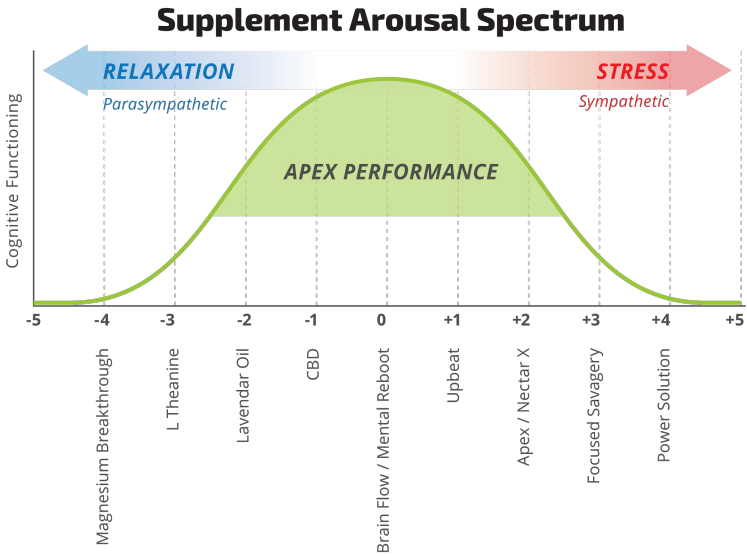
When you take too much, you feel jitteriness, brain fog, a numbing of your senses, maybe a slight headache, and a dumbing down of your performance. When you take too little, you don't activate the peak performance state you want.

Especially in the case of Nectar X and Power Solution, it means sipping instead of chugging. See how your brain reacts to $\frac{1}{4}$ of the tube. Wait for the effect, then manage the dose as you learn how your mind responds to each Breakthrough Brain Stack.

This means, follow the 30-day Guided Nootopia Journey which is designed to slowly ramp you up into the stacks. This way you can easily see what works for you and what doesn't. You can learn, "What's too much?" "What's not enough?", and "What activates YOUR ZAMNER ZONE?"

Everyone is unique. Neurotransmitter dominance and deficiencies, hormones, and liver enzymes vary wildly per individual. Your response to Nootopia stacks changes based on your unique genetics, lifestyle, age, food intake, and other factors. Just follow the 30-day Guided Nootopia

Journey and take notes. This will lead to major improvements in managing your performance and mental states.



CRITICAL POINT: THE NOOTROPICS POTENTIATE CAFFEINE GREATLY

What this means is that 1 cup of coffee will perform like 3-5 cups. We don't use a lot of caffeine in our blends (unless you want us to because there are more effective ways to optimize your brain and energy). One of the issues you may encounter is feeling anxious drinking the same amount of caffeine that you used to. Especially with Power Solution, Focused Savagery, and Nectar X.

Because of your individual genetics, this varies greatly. Some people are slow caffeine metabolizers and ½ a cup of coffee keeps them awake at night. Others can pound a double espresso and take a nap.

This is why we suggest using decaf or half-caf/half-decaf to create your coffee when you start the nootropics. If you're super caffeine sensitive, start with decaf.

Using the modified version of buttered coffee below can take your experience to new heights. THE MAIN POINT IS: YOU MUST FIND YOUR OWN "SWEET SPOT" WHEN IT COMES TO CAFFEINE CONSUMPTION and this "sweet spot" is going to be very different than it used to be when using these Breakthrough Brain Stacks.

We do have some strategies and suggestions to pull your nervous system out of sympathetic mode. Some of those tips are in chapter 3 of this guide. For a deeper breakdown see chapter 14 in the Biological Optimization Blueprint.



NOTE: Just as our nootropic stacks improve cognitive performance, some of these stacks also support and improve adrenal response (critical to managing how you handle stimulants, like coffee and energy drinks). ***It's entirely possible to reverse damage you may have experienced from excess stress, poor diet, and even genetic issues that you had resigned to before now.***

All of that changes today--- you are taking control of your mind and body with the most effective brain and body stacks ever assembled.

Performance Enhancing Powermove #2: Glucose As A Performance Enhancer

Nootropics eat glucose for breakfast, lunch, and dinner: The brain is primarily made of DHA (DocosaHexaenoic Acid, an omega-3 fatty acid), but the brain is fueled by glucose. It CAN run on ketones, however, key areas of thinking are still dependent upon glucose to function.

If you find yourself "nooted up" but you're struggling to find the right words and phrases, it's likely because your high-performance, nootropics-enhanced brain is starving for glucose.

You don't need a lot of carbs to optimize this. You just need 10-20 grams: A handful of grapes, a glucose shot, honey-laced tea, or a long-burn carbohydrate like steel-cut oats dusted with cinnamon.

When you're in a high-performance event (all-day meeting, big pitch, playing a championship Chess match, hardcore brain training), you can bump up your glucose a bit more. The key with glucose is to STREAM IT IN by sipping a beverage or by eating slower digesting, complex carbs (rice, oatmeal, etc).

Performance Enhancing Powermove #3: Minimize Or Avoid Weed, Alcohol, and Meds

Nootropic stacks are "blunted" by bong hits (THC specifically), excess levels of alcohol, and many meds. If you're committed to getting high and drunk, then we suggest waiting until night and using Mental Reboot to help you recover and be ready for the next day.

Mental Reboot is specifically formulated to help remove the detritus that accumulates in the brain from those drugs and meds.

Take the night-time oral capsule and daytime sublingual, and you'll eliminate most, if not all of those toxic residues.

Performance Enhancing Powermove #4: Avoid Protein

Avoid protein? WOAHH! Blasphemy! Yes, protein is the seed of life, but it blunts nootropic absorption. It can compete with the more fragile nature of nootropics. Therefore, taking your Nootopia stacks "away from" protein is how you'll best experience the nootropic benefits. Don't worry, you don't need to avoid protein throughout the day. We suggest taking your Nootropics 60 minutes before or 45+ minutes after a high protein meal to help you maximize your nootropic absorption.



Performance Enhancing Powermove #5: Stack Your Fats

Many nootropics are fat-soluble. They look for a source of fat to bond to, which helps the nootropic cross through the blood-brain barrier (BBB).

Stacking all your fats with fat-soluble supplements creates a major breakthrough in nutrient absorption. For example, research has shown you can boost CBD absorption in the bloodstream by 800% when taken with a high-fat meal. You can get similar absorption gains with many other key fat-soluble nutrients. Matt has recently increased his vitamin D levels up to 148 ng/ml (top of the range is 100) using this approach while taking half of the vitamin D he was previously consuming.

We suggest taking all your fats + fat-soluble Nootropics + fat-soluble supplements in one shot. This includes:

1. Nootopia caps: Brain Flow, Upbeat, Focused Savagery, and Apex
2. **Fish oil/Krill oil**
3. Algae oil
4. **Buttered coffee: MCT/butter (See Matt's Zamner Zone coffee recipe on page 19)**
5. Vitamin: A, D, K, and E
6. **CBD/CBG/CBN (more on this in chapter 3)**
7. Other high-quality fats: olive oil, macadamia nut

There will be a powerful synergistic effect taking the entire "fat stack" together. It will improve the uptake of your nootropics and moderate the uptake into the brain, which improves long-term performance. So instead of a quick spike in performance, you get a long-term, controlled performance improvement.

We suggest doing blood tests every 3 months when making big shifts so you can track the changes in biomarkers. See chapter 6 in the Biological Optimization Blueprint for more guidance on blood work.

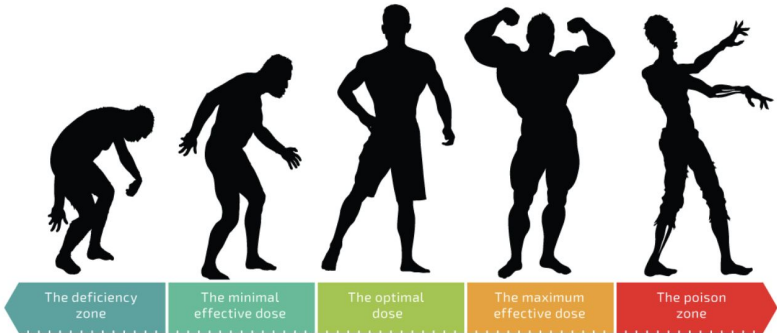
Performance Enhancing Powermove #6: Optimize Your Vitamins And Minerals

Many folks are vitamin and mineral deficient. They're running on fumes and taking nootropics as a way to recover their performance deficit.

It doesn't work like that. We DO ensure each nootropic stack is a complete B-vitamin matrix, but you may be depleted. By ensuring your nutrient levels are optimized, you will experience better brain performance.

Instead of starting from a minus five (-5) performance level. You're starting from a plus two (+2) or a plus five (+5). That makes a huge difference in your brain performance improvement scale. Add the right stack on top of an already optimized body, and you'll be activating a plus ten (+10), or better. That is the difference between average and superhuman performance.

Adding Primergen-V and Primergen-M to your daily stack can make a big difference, and adding Magnesium Breakthrough makes a massive difference in balancing your nervous system (more on this in chapter 3)



Performance Enhancing Powermove #7: Sleep is the World's Greatest Performance Enhancer

Most people are running a sleep deficit. This causes most people's neurochemistry to be "off" (most of your natural neurochemicals are produced while you sleep). The consequences of bad sleep and its negative effects on brain performance are well documented.

This also means your brain isn't as "clean" as they need to be for optimum performance. Your nootropics have to fight beta-amyloid proteins and similar detritus in order to perform their magic. So getting good sleep is critical to performance.

See "chapter 11" in the Biooptimization Blueprint book for the ultimate in sleep strategies, tips, and hacks.

Sleep is your best friend. With enough high-quality sleep, your nootropic performance enhancers will be much more magical.

Performance Enhancing Powermove #8: Drink Water Like You're Heading Into Deep High Desert

When you take Nootopia blends, your need for water increases. Some people need double to triple the amount of water they normally would to keep the body hydrated. Water and brain performance are highly interlinked. Even a 1% drop in dehydration will lead to a drop in brain performance.

When pushing your brain hard and deep, your body needs more water. Matt has had intense work days where he drank 8 liters of water.

Powermove: Mineralize Your Water

Adding $\frac{1}{4}$ to $\frac{1}{2}$ tsp of high-quality salts (we recommend Himalayan or sea salt) is an inexpensive way to get more minerals into your body. The sodium will help you absorb the water more.



For people on ketogenic diets, we recommend adding ½ tsp of cream of tartar with the salt in 2 liters of water once a day to get the necessary amounts of potassium. We also recommend using 3 droppers a day of Primergen-M to get the necessary amounts of trace minerals.

Make sure to be POUNDING water throughout the day.

Performance Enhancing Powermove #9: Add A Music Stack

Music is an activator of neurochemistry. Most people have never thought of music this way, but it's true for everyone. Everyone has certain songs or genres of music that make them feel certain emotions and states.

Want to get hyper-aggressive? Put on some Metallica and Tool and you're on your way. Want to feel like you're on an epic adventure? Put on some soundtrack music. Feel melancholic and want to process those emotions? Put on some sad ballads... Want to feel euphoria? Put on EDM and start dancing (see tip #10).

The Nootopia blends will synergize with music and amplify those states. This is a powerful tool in the "State Creation Toolbox".

Performance Enhancing Powermove #10: Movement is LIFE

Many people take supplements and immediately become sedentary. They sit in one place and expect the supplement to do their heavy lifting... That's not how it works.

With Nootropics, first, you're in a race to get the active ingredients (the "stack") into the bloodstream and then through the Blood-Brain Barrier (BBB). It takes blood flow to make that happen. Passivity is the enemy of blood flow. Sitting sucks for optimizing brain performance.

The ideal would be a 5-15 minute moderate cardio workout: biking, walking, yoga, swimming, etc...

Pressed for time? Don't worry because you don't need to do a full workout to activate the nootropics. Sixty seconds of movement every hour will make a massive difference in your energy and brain performance.

The key is to make it a habit. Put an alarm or notification on your phone "to move". Micro bouts of movements are all that's needed. Here are a few simple Powermoves you can do:

1. A walk around the block
2. **1 set of 10 air squats (bodyweight squats)**
3. 1 set of push-ups
4. **DANCE!**
5. A few yoga poses

Whatever you can do to accelerate blood flow will dramatically aid the performance of your nootropic stacks.



In fact, why don't you stand up right now and do 5 air squats?

Did you do them yet? C'mon... it's all about action. LIFE IS MOVEMENT. GO!

Performance Enhancing Powermove #11: Push Your Brain: HARD, FAST, AND DEEP

To truly experience the power of Nootopia, you must activate your mind and push it. Nootropics don't "do the work for you", they're like steroids (minus the side effects). Even someone who's on steroids needs to go to the gym to get the benefits.

Great opportunities to activate your mind and take it to new heights with Nootopia:

- Long workdays
- **Strategic planning meetings**
- Creative work (songwriting, writing, copywriting, art, etc...)
- **Hyper-competitive video gaming**
- Presentations (sales, interviews, teaching, etc...)
- **Intense brain training**

Performance Enhancing Powermove #12: Create The Perfect Day Before It Starts

When your day starts, we suggest starting with prayer and meditation. Take this quiet time to craft the perfect day in your mind. Here are some questions you can ask to help create it:

- What's in your schedule?
- **Which state is ideal for your activities?**
- What do you want your day to feel like?

First of all, those questions will help you shift into the state you envision. Second, the answer to those questions will help you choose the ideal Nootopia stack based on what state you want to activate.



CHAPTER 3

Opening New Apex Performance Portals

This chapter is about refining your “states” as well as creating new ones.

Here's one of the most powerful breakthrough strategies to get you into your “Apex Performance Zone”:

Stack Sympathetic Activators With Parasympathetic Calmers

Most of the Nootopia stacks are designed with this concept in mind. This chapter will give you MORE ways of using this powerful concept.

If your body/brain gets “over-revved” or “overclocked”, your performance will decline. The goal is not to get “amped to the max”. You can have short bouts of MAX AMPERAGE for workouts and other hyperintense activities. However, staying in that state isn't sustainable and leads to burnout.

Here's the breakthrough strategy: stack supplements that shift your nervous system DOWN when you take potent Nootopia blends. This usually leads to absolutely amazing states where your brain is at its Apex, but you feel calm, connected, and resourced.

When you take sympathetic activators with parasympathetic calmers in the right ratios for your physiology, you will experience Apex Performance.

“Brain Brakes” To Ramp Things Down And Creating Your “Magical Sweet Spots”

Many of the Nootopia blends and stacks are “brain accelerators”: Power Solution, Focused Savagery, Apex, and Nectar X. Just like a car, it's important to have “brakes” to slow things down when you're going “too fast”. Upbeat, Brain Flow, and Magnesium Breakthrough are powerful “brakes”.

Here are our suggestions for nervous system calmers and brain breaks:

1. Magnesium Breakthrough: 1-3 capsules

One capsule taken with your stacks really “smoothes out the edges”, especially if you're sensitive to stimulants.

Feeling a bit “fried”? Then take 1-3 capsules every 4 hours until you feel calm. Magnesium Breakthrough will also help shift your nervous system into parasympathetic which is important because you will be revving up your nervous system to a certain degree with the nootropics.

2. L-Theanine: 100-400-mg.

L-Theanine is a great nervous system calmer. It boosts your alpha brain waves and elongates the effects of caffeine.



3. CBD: 30-100 mg.

CBD can also boost alpha brain waves. It increases serotonin and anandamide. It also stacks powerfully with the oil nootropic blends to create new states. See the section below as well as "Matt's Zamner Zone Coffee Recipe" for more details.

4. Lavender Oil: 1-2 capsules

Lavender oil is another alpha brain wave booster. You can buy capsules of lavender oil or you can have an oil diffuser in your office which is a great tool when you need to put on "the brakes".

Opening More Portals By Activating The Cannabinoid System

Based on a lot of testing, we believe that stacking CBD/CBG/CBN with nootropics can lead to NEW Breakthrough Brain States. Why?

The cannabinoid oils merge with other oils and help transport all oils + fat-soluble ingredients into the body and pass the blood-brain barrier.

CBD/CBG/CBN can boost serotonin and anandamide. These are powerful "frequencies" to add to any state. They improve EQ (emotional intelligence), connection with others, Conscious Contact with a Higher Power, and can lead to new ways of seeing the world.



Matty G's Zamner Zone Coffee Recipe

I LOVE stacking this recipe with the Breakthrough Brain Stacks. I love combining this with the Social Command Stack. I use this when I want to maximize my verbal fluency and social drive.

First of all, kudos to Dave Asprey for the creation of this epic coffee upgrade. These are my tweaks on the classic Bulletproof coffee recipe, designed to take along with nootropics.

VERY IMPORTANT TO DIAL IN THE CAFFEINE TO THE OPTIMAL DOSE.

WARNING: My main warning is to adjust the caffeine levels of the coffee based on your tolerance. Many stacks are going to AMPLIFY the caffeine significantly (especially Power Solution and Focused Savagery). Keep in mind you will be getting some stimulation and some caffeine from the Brain Stacks.

I like using a half-decaf/half-caffeine personally. If you're a fast caffeine metabolizer, then you can go full caffeine. **If you're hypersensitive to caffeine, use decaf.**

RECIPE:

- 2 cups of organic coffee (if you don't like caffeine, use decaf or half-caf/half-decaf)
- **1 tbsp of grass-fed butter**
- 1 tbsp of MCT oil
- **1 dropper of Primergen-V**
- 1 dropper of Primergen-M
- **30-60 mg of CBD/CBG (I like Charlotte's Web — use a full spectrum to get the optimal effect)**
- Healthy Sweetener of your choice (I like Omica's Butterscotch drops)
- **1 tbsp of organic RAW cacao powder (much stronger nootropic effect from the raw cacao)**

Instructions:

Make your coffee of choice then combine with all the other ingredients in a blender for 2 minutes (for maximum emulsification and molecular bonding). Sip over a 2-4 hour period.



CHAPTER 4

Managing The High-Performance Lifestyle

In this chapter, we're going to cover:

- How to handle "red-lining" your brain and body.
- **How to manage stress and keep your nervous system optimized.**
- How to shift down your brain when you're overly aroused.

The High Performer's Dilemma: Pushing the Lines

Part of being a high performer is to find that balance between high performance and avoiding burnout. For those of us that have purposes and missions that we're committed to, we want our cake and we want to eat it too. We want to be a superhuman because we have to manifest our visions. The risk is that the quality of our health and life can go downhill if we don't learn to manage stress and our nervous system.

Wade experienced a very deep level of burnout a couple of years ago. Here's the story in his own words:

"I was in Bali, which has almost a 12-hour difference in terms of time from most of my team. I decided to start a new company. I had BiOptimizers, a company rapidly growing.

I was doing mornings with one business partner, very early in the day, and staying up until 3:00 am or 4:00 am. I'd sleep three hours, wake up, work on one business, go for a massage in the afternoon, come back, go to work again, sleep for an hour and a half, wake up, and then work the evenings.

After a couple of months of that, I really started paying the price. Energy and mental performance were dropping. To compensate, I increased my caffeine intake. I used my nootropics to help my brain focus.

It "felt" like my brain was laser because I felt the adrenaline from the caffeine and nootropics. However, this energy was coming from pushing my adrenal glands to the max and it wasn't sustainable. It's like paying your mortgage off with your credit card. I was robbing Peter to pay Paul.

Then the unexpected happened. There were a bunch of crises that came up. I had a problem in my growing business which grew into a serious challenge with my partner, and that's the event that took me out.

That's when I ran out of gas and I was totally physiologically burned out. It didn't matter how much caffeine I was taking, it wasn't helping. My adrenal glands weren't functioning. I was in an unresourceful psychological state and in a dark, negative, emotional place. I told Matt 'I'm in a living hell!'



Fortunately, Wade was able to recover using the principles and techniques in this chapter. Read it carefully and more importantly, implement the strategies and tactics in this chapter if you want to avoid this. What we're really talking about is managing your nervous system for maximum success, health, and happiness.

Cycles of Intensity and Recovery

The key lesson of this chapter is to cycle between intensity and recovery. Those that master this, can become high performers and maintain that for most, if not all of their lives. Those that don't will have a spurt of high performance, followed by a steep decline, ending with a brutal burnout. It can take years to recover from some burnouts.

Some people become traumatized psychologically by the pain of the burnout and recoil from intensity for the rest of their lives.

A 2 Gear System: Fight-Flight-Freeze or Heal

Your nervous system is made of two systems:

1. **Parasympathetic:** also known as the "healing system".
2. **Sympathetic:** also known as "fight, flight or freeze" a.k.a. "The survival system".

The Survival System

The sympathetic nervous system evolved to save us from dangerous or stressful situations. A flood of survival hormones cranks the body's alertness and heart rate, sending extra blood to the muscles. Breathing speeds up to deliver more oxygen to the brain, and an infusion of glucose is shot into the bloodstream for a quick energy boost.

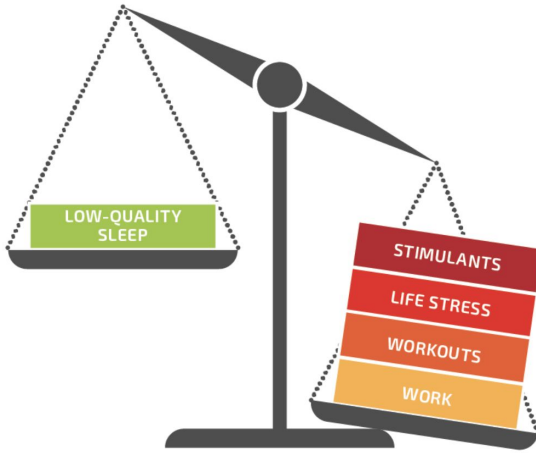
This system is designed to mobilize us or help us defend ourselves against threats: deadly animals, other humans, etc...

Let's just go back to the caveman days, there's a saber tooth tiger chasing you and you need to activate your sympathetic system. Hopefully, fight or flight kicks in because if you freeze you'll die. To survive you need to run really fast or successfully fight this threat off. If it wasn't for this system, there would be no humans. This system has helped humans survive and thrive over millions of years.

It's intrinsic to being an animal. You can see that in nature. Watch African nature shows. You see this when lions attack hyenas and cape buffalos. You'll even see it in bacteria. The bacterium will recoil against a toxic substance. It's fleeing away from it.

One of the key things for us to understand is that anything you believe or feel is a threat will activate this system. This means, if you lose your job and you have economic insecurity, you will feel fear and activate the survival system. It may be that you just launched a marketing campaign that failed, and you feel concerned. Or perhaps your romantic partner just insulted you and you're scared of being alone.

The Stressed Out Lifestyle



The average person is caught in a sympathetic loop.

When they wake up, they activate their beta brain waves. They check their phones, have a cup of coffee, and have food on the run. Then they have a stressful commute to work. They have a long hard day's work and then they do another stressful commute back home. When they get home they spend more time hijacked on their phones and then fall asleep.

The only time they're in parasympathetic mode is when they fall asleep, and for most of them, it's low quality sleep. They repeat that pattern and they're kind of stuck into this vicious cycle. This person is essentially stuck in fight, flight, or freeze.

The Healing System

The parasympathetic system is what puts your body in a healing state for it to recover, rest, and rejuvenate.¹

Before the advance in the industrial ages and technologies, we spent far more time in parasympathetic mode. When the sun went down, we went to bed. Our brain's dopamine system wasn't hijacked by apps, porn, games, movies, and shows. There was far less stimulation than there is today. Our brains weren't being fooled by blue light coming from all of these devices.

The danger is when your body becomes dominated by one of these systems. The most common problem is people become trapped in a fight-flight-or-freeze lifestyle. Entrepreneurs and motivated career-driven people easily fall into this trap.

¹ Noyes' Knee Disorders: Surgery, Rehabilitation, Clinical Outcomes. (2017).
<https://doi.org/10.1016/c2013-0-18673-6>

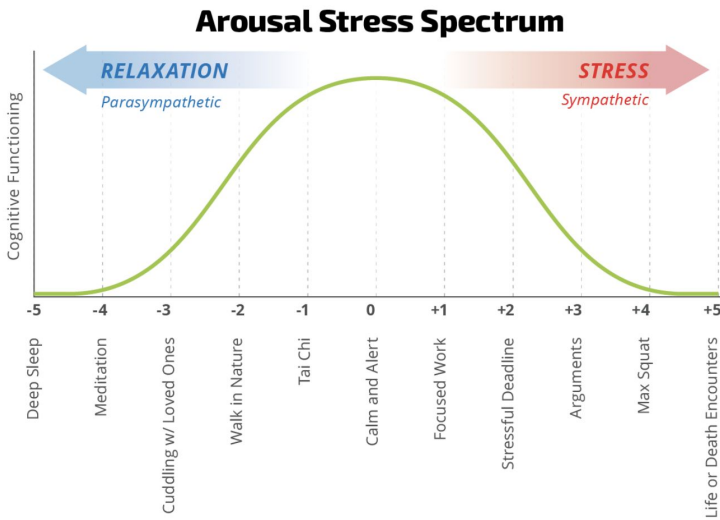


They travel the world, manage multiple products, start new businesses, lead dozens or even hundreds of thousands of people. They constantly learn new skills and systems. Sleep is cut down to make more time for work. Diet is compromised by restaurant meals and other low quality food options. Complex problems arise constantly and high-stress situations and problems come daily.

The Arousal Stress Spectrum

The key is to ramp up and down throughout the day, week and year. If you incorporate enough parasympathetic activities, you'll feel balanced, energized, and rejuvenated. This will allow you to get the most out of your day and your Nootopia blends.

If you're "stuck" in sympathetic (stress) mode most of the time, burnout and a crash in performance are inevitable.



The Solution

The answer is to consciously shift your mind and body into parasympathetic mode systemically. The more intense your life becomes, the more you need parasympathetic activities. This means incorporating certain habits and rituals that move you into healing mode.

Use the "cheat sheet" on the following page to help you manage and balance your nervous system. It's a critical component of being biologically optimized and preventing burnout.



The Nervous System Optimization Cheat Sheet

	PARASYMPATHETIC: HEALING "Brain Brakes"	SYMPATHETIC: FIGHT OR FLIGHT OR FREEZE "Brain Accelerators"
Nootopia	<ul style="list-style-type: none"> ● Upbeat ● Zamner Juice ● Brain Flow ● Mental Reboot AM/PM 	<ul style="list-style-type: none"> ● Power Solution ● Nectar X ● Apex ● Focused Savagery
Other Supplements Drinks	<ul style="list-style-type: none"> ● Reishi ● L-Theanine ● CBD/CBN/CBG ● Lavender Oil ● Ashwagandha ● Magnesium Breakthrough 	<ul style="list-style-type: none"> ● Coffee ● Stimulants ● THC ● Nicotine
Exercise	<ul style="list-style-type: none"> ● Tai Chi ● Yoga 	<ul style="list-style-type: none"> ● Weight Lifting ● Sports ● Running
Biohacking	<ul style="list-style-type: none"> ● Floating ● Meditation ● Eft ● Sleep 	<ul style="list-style-type: none"> ● Cryo
Music	<ul style="list-style-type: none"> ● Classical ● Soundtracks 	<ul style="list-style-type: none"> ● Heavy Metal ● Gangster Rap
Neurotransmitters	<ul style="list-style-type: none"> ● Serotonin ● Endorphins ● Oxytocin ● Anandamide 	<ul style="list-style-type: none"> ● Adrenaline ● Noradrenaline ● Dopamine
Emotions	<ul style="list-style-type: none"> ● Gratitude ● Happiness ● Joy ● Peace ● Serenity 	<ul style="list-style-type: none"> ● Fear ● Anger ● Drive/Willingness ● Any Emotional Reactivity
Lifestyle	<ul style="list-style-type: none"> ● Hanging With Pets ● Playing With Kids ● Making Love ● Walking in Nature ● Relaxing at the Beach 	<ul style="list-style-type: none"> ● Work ● Intense Sex
Brain Waves	<ul style="list-style-type: none"> ● Alpha ● Theta ● Delta 	<ul style="list-style-type: none"> ● Beta ● Gamma

CHAPTER 5

9 GAME-CHANGING FORMULAS AND 4 BREAKTHROUGH BRAIN STACKS



NECTAR_X



Nectar X is a powerful drink that will turn on your brain and get you ready for epic days. It consists of a custom-blended 16 Gram tube of nootropics in a powdered mix.

It also comes with a capsule of highly-concentrated nootropic "boosters" to extend the nootropic half-life up to 12+ hours.

Don't worry, I've never had issues falling asleep. The nootropic effects will diminish by early evening. (But rest assured, those benefits, over time, become "available upon demand" as you tune into your brain's optimum processing environment.)

Simply mix in 24 oz of water. Drink for intense presence, energy, and clarity. Or sip from morning through the afternoon for a balanced level of energy, clarity, and focus.

This drink has a wide range of benefits that seem almost too good to be true, including:

- Feeling immediate levels of increased optimism
- **Elevated sex drive and performance**
- Greater energy for exercise, metabolism, and muscle-building
- **More ambition and "drive" to get stuff done**
- Greater learning and retention of new information
- **Improves neurogenesis (stimulation of new brain cells)**
- Increases levels of Serotonin, Dopamine, and Acetylcholine - big for mood
- **Can even help you break unhealthy habits**

Instructions:

Mix in 24 oz of water. The speed of intake has a significant change in effect. Drink $\frac{1}{4}$ to $\frac{1}{2}$ right away for intense presence, energy, and clarity. You will feel it within 10-15 mins. Then water down the rest and drink it over 2-4 hours.

Or sip from morning through the afternoon for a balanced level of energy, clarity, and focus.

Stacks to Try:

- Stack 1:** 1 Nectar X + 1 Upbeat
- Stack 2:** 1 Nectar X + 1 Brain Flow
- Stack 3:** $\frac{1}{2}$ Nectar X + $\frac{1}{2}$ Power Solution
- Stack 4:** $\frac{1}{2}$ Nectar X + 1 Focused Savagery
- Stack 5:** $\frac{1}{2}$ Nectar X + 1 Apex

Ingredients:

N-Methyl-Peptide, Intellect Tree Bio-Oil™ (custom, non-toxic nootropic distillate), BrainSpark (custom non-toxic neuro-stimulant), Phosphatidylcholine, Acetyl-L-Tyrosine, Centrophenoxine, Alpha GPC, CDP Choline, Piperine, Anhydrous Caffeine, Vitamin E (oil), Complete 3-6-9 EFA Capsule, High-Density, High-Bioavailability Vitamin B Capsule, Complete Coconut Oil+MCT+Krill Oil Capsule



BRAIN FLOW



This is another one of my favorites to stack with other blends. That's why we include it with 2 of the Breakthrough Brain Stacks.

Brain Flow is a formula that comes in brand new oil suspension capsules, representing the next evolution of our powerful, plant-based nootropics.

Brain Flow combines the most proven, tightly integrated nootropic powder stack (internal capsule) with a concentrated ORGANIC Nootropic Oil Blend to potentiate all ingredients. This breakthrough oil delivery system brings nootropics to your brain. Each dose can help you:

- Reduce brain and neurological inflammation (key for slowing aging)
- **Increase bioavailability of other nutrients (feel more of everything)**
- Eliminate feelings of anxiousness and tendency toward fear
- **Gently lift performance in a VERY extended, calm manner**

Brain Flow uses a super unique encapsulation process — where the external vegetarian enteric oil capsule is specially constructed to NOT dissolve in stomach acid. Instead, it begins dissolving as the PH of the GI tract moves from acid to base, keeping the benefits of the oils intact, so you receive much greater bioavailability and performance in a smaller capsule while protecting some of the key nutrients from being destroyed by stomach acid.

Then the interior nootropic powder capsule dissolves even further down the upper intestine, as the GI tract PH approaches 6.2-7.0 PH - slowly releasing the nootropics into the bloodstream. It's there they combine with the nootropic and anti-inflammatory and anxiolytic oils to bond and be carried past the blood-brain barrier, getting to work on your synapses for an all-day increase in cognitive performance, with just a blush of energy.

Instructions:

Take 1-2 capsules on an empty stomach (or 45-60 minutes before or after food). The capsules will take roughly 30 minutes to kick in and last 4-6 hours.

Combine with any of our other nootropic formulas: The Apex, Focused Savagery, Nectar X, Power Solution, and Upbeat.

Stacks to Try:

1. Add with any other stack.
2. **Test just on its own first thing in the morning.**
3. Test adding in the early afternoon.

Ingredients:

EXTERNAL OIL SUSPENSION - Celastrus Paniculatus Extract Oil, Organic Oil Blend (Piperine Extract Oil, Curcumin Oil Extract, Black Seed Oil, Guarana Extract Oil)

INTERNAL CAPSULE - Noopept, Organic Celastrus Paniculatus Bio-Oil, CDP Choline, P-5-P (vitamin B-6), Organic Piperine, Organic Coffee Bean Caffeine, Theacrine, Methylcobalamin (Vitamin B-12), Pregnenolone from Organic Wild Yam extract.



POWER SOLUTION



Power Solution is a potent energy, mind, and life-enhancer that is fast-acting, easy to use, delicious, natural, ketogenic, and guaranteed effective.

- All-day energy without jittery crashes
- **Maximum mental clarity and concentration**
- Elevated mood and positivity
- **Insane mental stamina that feels limitless**

Each 4oz bottle (120ml) has 4 doses of concentrated nootropics.

Power Solution allows you to drink your way to mega-gains in learning, memory, and speed-of-thought.

It contains a combination of 31 powerful, naturally grown, and extracted nootropics and brain-enhancing nutrients. Custom-blended in super-clinical doses.

5 minutes after your first sip, your mental energy and optimism will improve as you find productivity comes easier. Creativity and Flow State are available on-demand.

Developed over 7 years of daily trials and tests, **Power Solution** leverages decades of scientific research and modern plant extraction technologies.

Instructions:

Simply mix in 24 oz of water. The speed of intake has a significant change in effect. Drink $\frac{1}{4}$ to $\frac{1}{2}$ right away for intense presence, energy, and clarity. You will feel it within 10-15 mins. Then water down the rest and drink it over 2-4 hours.

Or sip from morning through the afternoon for a balanced level of energy, clarity, and focus.

Stacks to Try:

- Stack 1:** 1 PS + 1 Upbeat
- Stack 2:** 1 PS + 1 Brain Flow
- Stack 3:** $\frac{1}{2}$ PS + $\frac{1}{2}$ Nectar X
- Stack 4:** $\frac{1}{2}$ PS + 1 Focused Savagery
- Stack 5:** $\frac{1}{2}$ PS + 1 Apex

Ingredients:

AquaBoost™ (Custom natural neurostimulator stack) Intellect Tree Bio-Oil (Custom nootropic complex). Acetyl-L-Tyrosine, Ascorbic Acid, Acetyl-L-Carnitine, L-Theanine, Arginine AKG, Pantothenic Acid (B-5), Rhodiola Rosea, L-Glutamine, Citrulline Malate, Calcium Citrate, D-Ribose, Trimethylglycine, Phenylethylamine, Theobromine, Hordenine, Magnesium Threonate, Organic Fruit Extracts



MENTAL REBOOT

AM

MENTAL REBOOT

PM



Mental Reboot is perfect to clear brain fog. Had a night out? Ate too much? Drink too much? Didn't sleep well? **Mental Reboot** is a custom-blend of 9 of the most notable brain "cleaners" and a custom nootropic.

Mental Reboot consists of custom-blended natural clarifiers, nootropics, and neuron accelerators. You get both an **A.M. Mental Reboot** and a **P.M. Mental Reboot**.

Take it on your off days for improved clarity, engagement, and response to nootropics, meds, and stimulants. Can be used anytime, day or night.

In addition to the obvious detox, **Mental Reboot** can help you experience:

- Less nervous or jittery/fearful feelings
- **More natural enthusiasm, positivity, and joy**
- Major gains in mental clarity and sharpness
- **Faster learning for anything you need to be great at**

Mental Reboot is based on more than 12 years of scientific research. Like all of these stacks, it leverages breakthroughs in natural extraction and compounding. It's worked powerfully for every client Mr. Noots has given it to, in order to elevate performance and success.

Instructions:

In the morning, pour the contents of 1 capsule (light-colored) under your tongue and let it sit for 2 minutes. Then wash down with water.

Take the second capsule (dark in color) at night before bed with water. Can be used anytime, day or night.

Stacks to Try:

Can be used any time during "on Noots days" or "off Noots days".

Ingredients:

Intellect Tree Bio-Oil™ (custom, high-bioavailability, non-toxic nootropic complex), Uridine Monophosphate, Methylcobalamin (sublingual B12), Pantothenic Acid (B5), CDP Choline, Ascorbic Acid, N-Acetyl-L-Cysteine, MK2+Menaquinone, Triacetyluridine, Phosphatidylserine, Alpha GPC, Acetyl-L-Tyrosine, Cilantro Leaf, Chlorella, Humic+Fulvic+Phenolic Acid Blend



Upbeat!



Upbeat is a custom-blend of seven of the most notable nootropics (brain nutrients and stimulants) available that lift your mood. It's a serotonin powerhouse.

Upbeat consists of custom-blended capsules of natural nootropics, herbal mood enhancers, and mental "accelerators".

Simply take 1 capsule first thing in the morning for improved energy, clarity, and focus.

In addition to mental confidence, clarity, focus, and energy you can experience:

- An increased level of confidence in decision-making
- **A happier "vibe" and sense of well-being**
- More creativity and creative output
- **More ambition, with the focus to complete projects**
- Become a "super learner"
- **Experience enhanced empathy**
- A reduction in tension and aggravation

Upbeat is based on more than 30 years of scientific research.

Instructions:

Simply take 1-2 capsules first thing in the morning for improved energy, clarity, and focus.

Use it when you're going to be speaking to other people and want to maximize EQ (emotional intelligence).

Stacks to Try:

- Stack 1:** 1 Upbeat by itself
- Stack 2:** 1 Upbeat + 1 FS
- Stack 3:** 1 Upbeat + 1 Apex
- Stack 4:** 1 Upbeat + Nectar X
- Stack 5:** 1 Upbeat + 1 PS
- Stack 6:** 1 Upbeat + 1 PS

Ingredients:

Intellect Tree Bio-Oil™, BrainSpark™, Acetyl-L-Tyrosine, Centrophenoxine, CDP Choline, Piperine, Guarana, Curcumin, Cayenne, Magnesium Threonate, Forskolin, Habernaro, Ester-C, Chromium Picolinate, Grapeseed Extract, Vitamin D3, Full-spectrum Vitamin B100 from naturally-derived sources.

FOCUSED SAVAGERY



For “deep work days”. The days where you want to maximize your output.

The inability to focus is a debilitating condition. But optimized, the focused mind can be the most powerful asset in your world.

Focused Savagery is a powerful new way to regain control of your mind while also rebuilding your brain.

Focused Savagery is a combination of 21 powerful, natural nootropics and brain-enhancing nutrients, in clinically proven doses.

Taken with oil and another component of this stack, the nutrients in this formula will pass through the blood-brain barrier, then immediately activate the parts of the brain that provide deep focus.

Over the next 3-6 hours, your drive and ability to follow-through on tasks will peak. Your motivation will increase as you find productivity comes easy. And yet, creativity is still easy to access.

Focused Savagery preloads your dopaminergic system, then triggers your brain to gently release the dopamine. This activity is triggered by your activity: You want focus, flow, and productivity? You got it.

Instructions:

For many people, this is the strongest cap in terms of “drive and energy”. Great for deep work on the computer when you need long hours of focus.

Provides 6-10 hours of focus via dopamine and GABA center stimulation and release.

Stacks to Try:

Stack 1: 1 FS + 1 Upbeat

Stack 2: 1 FS + 1 Brain Flow

Stack 3: 1 FS + 1 Apex

Ingredients:

Intellect Tree Bio-Oil (custom nootropic distillate) BrainSpark (custom neuro-stimulant) Acetyl-L-Tyrosine, Centrophenoquine, CDP Choline, Piperine, Guarana, Curcumin, Cayenne, Magnesium Threonate, Forskolol, Habanero, Ester-C, Chromium, Picolinate, Grapeseed Extract, Vitamin D3, Full-spectrum Vitamin B100 formulated from all-natural sources.



ZAMNER JUICE



It's a super delicious spray that you feel almost immediately, raising your sense of mental well-being—sometimes providing outright euphoria.

Zamner Juice is designed to sustainably stimulate dopamine, serotonin, and GABA production – which are essential neurotransmitters for a Positive Mood.

Just keep **Zamner Juice** on your desk and do a few sprays to get optimized for meetings.

Zamner Juice can help provide:

- A feeling of deep calm and Zen-like centeredness
- **Naturally positive or even blissful mood**
- Feel more in tune with your senses and body
- **Natural vigor or “zest” for your life and activities**
- Feel more loving and connected with others in your life
- **Mind-expansion, i.e. seeing possibilities you haven't seen before**
- Greater ability to connect and socialize with others

Instructions:

Take 3-8 sprays any time you want a “boost” in mood. Start with 3 sprays and see how your brain reacts. Can be used at any time of the day.

Stacks to Try:

Stack with everything.

Ingredients:

GABA, Taurine, ZMA, B-6, Theacrine, Organic Watermelon, Pineapple Fruit Extract, Green Apple Fruit Extract, Orange Juice Extract, Magnesium Threonate, L-Theanine, Trimethylglycine, Chromium Picolinate, Ascorbic Acid, DL-Phenylalanine, L-Glutamine, Calcium Citrate, Pantothenic Acid (B-5).



THE APEX



Experience optimal focus, creativity, and energy to dominate ALL day.

The **Apex** supports your neurogenesis by increasing neural stem cell growth and increases oxygen concentration.

With proper neurotransmitter support and hormone production, **The Apex** inhibits activity between neurons, soothing your system, cleansing your energy, creating a state of calmness, energy, creativity, and focus.

The **Apex** improves synaptic choline levels and oxygen to the brain. Synapses fire faster and more effectively.

The **Apex** can help you:

- Get in the zone of productivity
- **Stay focused far beyond normal physical performance constraints**
- Call on your Creative Mind at the hint of inspiration
- **Produce and deliver ahead of schedule**

Instructions:

Take 1 cap in the morning on an empty stomach (to allow the oils to metabolize and enter the bloodstream unencumbered and to ensure it is not competing with proteins that could blunt effectiveness). **You can stack it with a buttered coffee.**

Stacks to Try:

- Stack 1:** 1 Apex + 1 Upbeat
Stack 2: 1 Apex + 1 Brain Flow
Stack 3: 1 Apex + Nectar X
Stack 4: 1 Apex + Power Solution

Ingredients:

Intellect Tree Bio-Oil (custom nootropic distillate), Saffron Crocus Oil (Saffron extract bonded to amino acid chelates for maximum absorption), BrainSpark (custom neuro-stimulant), Acetyl-L-Tyrosine, Centrophenoxine, CDP Choline, Piperine, Guarana, Curcumin, Cayenne, Magnesium Threonate, Forskolin, Habenaro, Ester-C, Chromium Picolinate, Grapeseed Extract, Vitamin D3



4 Game-Changing, Synergistic Breakthrough Brain Stacks

Breakthrough Brain Stack 1:



Genius Activator

This stack is the ultimate in near-immediate cognitive performance. You'll notice a rapid increase in focus, clarity, ability to process information, recall, and overall brain agility.

This is the ideal stack for working on tasks where you must concentrate intensely for hours at a time. And you need that performance NOW, not tomorrow.



Genius Activator stack includes 2 epic products:

1. Nectar X
2. Brain Flow

Here are 3 ways you can take this stack:

1. Start your day by mixing Nectar X with 20 oz of water. Drink 4 oz immediately and then sip the rest over the next 3-6 hours. Then take Brain Flow around noon (or an hour before your mid-day meal) to give you a boost throughout the afternoon.
2. Take 1 capsule of Brain Flow early in the day (preferably 60 minutes before or after a meal, for optimum experience and benefit). Then mix Nectar X with 20 oz of water. Drink 4 oz immediately and sip the rest over the next 3-6 hours.
3. You can try Nectar X stacked with Upbeat as well. The increase in serotonin will add to the dopamine rise from Nectar X, giving you a nice boost in confidence. And a great Biff! Pow! of "breakthrough thinking".



Breakthrough Brain Stack 2:



Neuro Primer

This stack takes you deeper into both performance AND neurogenesis, helping you build new brain cells AS you work. It rejuvenates your brain and neurotransmitters so that the hard-charging work you do doesn't drain you—it renews you. Imagine getting better and your brain getting younger with every single day. You can even "program" these new neuropathways to improve memory and facilitate real, repeatable benefits in how you perform.

NEURO PRIMER

(If you've ever tapped into a moment where you performed like a Rock Star, and you remember the feelings and the details of how you performed - that's the "state" you can develop through the programming of neural pathways via nootropics. It's a unique and very powerful way to help add velocity to your life and work performance. Peak performers use this approach to become the leaders who rise above the rest, seemingly with very little effort. Performance On Demand.)

Here are 4 ways you can take this stack:

1. Upon awakening: Take The Apex. Then take Brain Flow two hours later.
2. Take both capsules upon awakening: The Apex + Brain Flow.
3. Take Brain Flow upon awakening and then add The Apex around noon.
4. Try stacking The Apex with Upbeat.



Breakthrough Brain Stack 3:

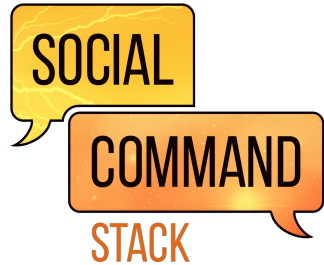


Social Command

This stack primarily works on mood and your ability to be upbeat and verbally adept. Boost your verbal fluency AND boost your emotional intelligence.

It's the perfect stack to help take your communication to "Steve Jobs-level" persuasiveness.

Oh, and one more thing... It's also ideal for social situations, where charm and the ability to speak is important.



Your **Social Command** Stack is excellent for anyone who does sales or communications of any kind in their work: whether it's 1-on-1, or to an audience (including digital communications like webinars and podcasts).

How does **Social Command** accomplish this complex task? By helping your brain both recall critical information as you need it, and supporting "cross brain activity" by helping pass information through the corpus callosum at record speed.

This lateral thinking helps both your creativity (and the expression of your ideas) and helps put memory recall to work in real-time. It's a unique blend of creative and critical thinking. A potent edge when you need it.

Here are 5 ways you can take this stack:

1. Take 1 Upbeat upon awakening. 1 hour later, mix the Power Solution powder with 24 oz of water. Drink $\frac{1}{4}$ right away and sip the rest over the next 3 hours.
2. Upon awakening: Power Solution. Then take Upbeat around noon.
3. Take Upbeat upon awakening then Power Solution around noon.
4. Try stacking Power Solution with Brain Flow.
5. Try stacking Power Solution with 1 cap of Brain Flow + 1 cap of Upbeat.



Breakthrough Brain Stack 4:



The Deep Work Support

This is the one for BIG, deep workdays. A huge part of your brain's performance comes down to your relationship between mood and motivation.

Have you ever noticed that when you're feeling mentally "low" or down, your energy for work and goals is greatly decreased? This stack solves that issue—and helps to elevate your mood, motivation, and focus all together as one—so that you can focus with purpose on your highest vision and goals.

A proven way to destroy today's effectiveness is to fill your day with Task Switching: Moving from task to task, with less meaning and purpose. Every time you move to a different task, the Switching Cost measurably rises. Eventually, your performance drops to sub-optimal, your task list gets uglier, and your incompletes take over your previously calm, cool, and collected mind.

DEEP
WORK
SUPPORT

Deep Work Support solves these issues, and rather than brute-forcing your way to focus and project completion, **Deep Work Support** helps you get into that Flow State we desire. That state where work becomes effortless. Even fun. Projects are checked-off. Your success is inevitable.

Here are 5 ways you can take this stack:

1. Take Upbeat upon awakening and then add Focused Savagery 2 hours later.
2. Take both capsules upon awakening: Focused Savagery + Upbeat.
3. Upon awakening: Focused Savagery. Then take Upbeat around noon.
4. Try stacking Focused Savagery with 1 Upbeat Capsule.
5. Try stacking Focused Savagery with Brain Flow + 1 Upbeat Capsule.



CONCLUSION

Why I Take Nootropics Every Day

By Mr. Noots

I love the journey of pushing myself to a new operating level.

I was such a hyper-focused kid. When I was very young (5-10), I could isolate myself in my Dad's shed with chemistry sets, electronics, books or whatever.

My Mom would have to ask time and time again for me to come to dinner or to remind me that it's time for bed. It wasn't because I was abstinent. It was because I was so deeply ingrained in whatever I was doing.

Fast forward a few years, and I was both volunteered and requested to take Accutane in mega doses. This changed everything for the worse.

I could no longer focus for long periods. I always felt a bit of a fog. My energy declined over time as well.

I was a good athlete, but I slowly lost my drive to win.

Fast forward to 2017. I'm 55 years old now, and I can focus like a machine for 16 hours a day. I can deliver whatever life demands of me thanks to having an optimized brain.

With the help of nootropics, I don't experience depression. I get more done in 4 hours than I used to complete in 4 days. Best of all: I have a blast doing it.

But that's not all: every performance aspect of my life has improved. That means: mind, body, energy, sex, and sleep.

Here's an exciting aspect of this: your horizon for adjustment and tweaking of your performance is infinite.

Think: what if you could improve some area of your mind and body every day... where would you be in a year?

- Would you become a partner in your law firm?
- **Would you become a top trader on Wall Street?**
- Move from the mailroom to a VP position?
- **Actually live Tim Ferriss's 4-Hour Workweek?**

I'm not saying you and I will become Eddie Morra overnight. But I am quite confident you and I are barely touching our potential.



When we were beginning to test our original base formula in 2008, we knew three things:

1. A clear, deep, fast, and connected mind makes better decisions. Those decisions can dramatically affect your results in life.
2. **A tireless mind and body can act on those decisions. Action creates momentum.**
3. Good decisions with action create success, however you define it. Whether that's changing the world. Changing your mind. Or simply multitasking as you're changing a diaper.

Change and life improvements take drive, courage and energy. Courage is best leveraged when you can anticipate outcomes. Anticipating outcomes requires quickly thinking through the myriad of variables that impinge on our objectives.

Make sense?

It's not just about being smarter at Monopoly or winning at Twister.

It's about operating at a higher level, amplifying your strengths and turning them into super powers...

And enjoying the journey.

Stress comes from not understanding the actual likelihood of a potential outcome. It comes from falsely anticipating and fearing what might happen.

On the flip side: understanding, managing, and embracing what you can control gives you power. This is where high cognitive function, strong and resilient physical capacity, and positive, anticipatory thinking comes into play.

This is why I take Nootropics every day.

Because being sick and suboptimal sucks. And being your best and cycling into Superhuman territory is a gift that, once experienced, is something that will change your life forever.

And, at the cost of a Starbucks or two a day, it's one of the most cost effective, lifetime enhancements I could ever hope for.



NOOTOPIA 