GABA is a neurotransmitter that can cause any damage. It is always inhibitory (meaning it prevents neurons from firing). Piracetam is the "original" nootropic. What does this mean? The newer Racetams have not necessarily non-toxic.

### EXPERIMENT WITH THEM AT YOUR OWN RISK

RTM helps your body absorb them better. Phase the weeks of taking a Racetam. Double your dose in the first 2 - 4 weeks of taking a Racetam.

### TAKE WITH RACETAM

For more, checkout...

- [http://smartdrugsmarts.com/episode-105-racetams/](http://smartdrugsmarts.com/episode-105-racetams/)

### TAKING RACETAM

### GETTING STARTED WITH RACETAMS

The term you choose will affect the clinical effects. Some people report that when they start a new loading period with Piracetam, it doesn’t feel as intense as it used to and they start to feel sleepy. You’ll have “reverse tolerance”: You can lower your dose and still get the full benefits. Oxiracetam, for example.

### SYNERGIZING YOUR REGIMEN

You can enhance the effects of the Racetams by combining them with other substances.

- [http://smartdrugsmarts.com/episode-105-racetams/](http://smartdrugsmarts.com/episode-105-racetams/)

### A NOTE ON THE NEWER RACETAMS

Coluracetam, Piracetam, Nefiracetam, and Fasoracetam are not exhaustive list.)
WHICH RACETAM SHOULD I TAKE?

General Benefits of the Racetams

PIRACETAM (1964)

- Enhanced memory and cognition
- Improved mental clarity
- Heightened sense of awareness and visual attention

**SHOULD I TAKE IT?**
- If you’re new to racetams, Racetamin has the longest safety record of any Racetam.
- If you’re on a budget, Piracetam is generally the cheapest Racetam.

PRAMIRACETAM (1978)

- 2-5x more potent than Piracetam.
- Stimulating and speedy.
- Improves focus.
- Enhances logical thinking.

**SHOULD I TAKE IT?**
- If you need an energy boost.
- If you’re going to be doing some math problems or other work requiring logical thinking.

PHENYLPIRACETAM (1983)

- 2-5x more powerful than Piracetam.
- Anti-anxiety, calming, relaxing.
- Enhances creativity and verbal fluency.
- May prevent facet dreaming.

**SHOULD I TAKE IT?**
- If you want to decrease anxiety and improve confidence in social situations.
- If you need a boost of creativity.

OXIRACETAM (1977)

- Up to 30x more potent than Piracetam.
- Stimulating and speedy.
- Improves focus.
- Enhances logical thinking.

**SHOULD I TAKE IT?**
- If you need an energy boost.
- If you’re going to be doing some math problems or other work requiring logical thinking.

ANIRACETAM (1970s)

- 2-5x more powerful than Piracetam.
- 2-5x more potent than Piracetam.
- Stimulating and speedy.
- Improves focus.
- Enhances logical thinking.

**SHOULD I TAKE IT?**
- If you’re working on a big project and need to put your head down and get it done.

ANIRACETAM (1970s)

- 2-5x more powerful than Piracetam.
- Stimulating and speedy.
- Improves focus.
- Enhances logical thinking.

**SHOULD I TAKE IT?**
- If you’re going to be doing some math problems or other work requiring logical thinking.

**HUGE DISCLAIMER:** Always check with a medical professional before taking any new drugs. Take Racetams at your own risk. Also, everyone reacts differently, so experiment to find the Racetam that works best for you.

**GENERAL BENEFITS OF THE RACETAMS**

- Piracetam: Enhanced memory and cognition, improved mental clarity, heightened sense of awareness and visual attention.
- Oxiracetam: Up to 30x more potent than Piracetam, stimulating and speedy, improves focus, enhances logical thinking.
- Pramiracetam: 2-5x more potent than Piracetam, stimulating and speedy, improves focus, enhances logical thinking.
- Aniracetam: 2-5x more powerful than Piracetam, stimulating and speedy, improves focus, enhances logical thinking.
- Phenylpiracetam: 2-5x more powerful than Piracetam, anti-anxiety, calming, relaxing, enhances creativity and verbal fluency, may prevent facet dreaming.

**SHOULD I TAKE IT?**
- Piracetam: If you’re new to racetams, Racetamin has the longest safety record of any Racetam. If you’re on a budget, Piracetam is generally the cheapest Racetam.
- Pramiracetam: If you need an energy boost. If you’re going to be doing some math problems or other work requiring logical thinking.
- Aniracetam: If you want to decrease anxiety and improve confidence in social situations. If you need a boost of creativity.
- Oxiracetam: If you need an energy boost.
- Phenylpiracetam: If you’re going to be doing some math problems or other work requiring logical thinking.

Tell us about your experience by tweeting @SmartDrugSmarts.