

# Forum:[Hack Forums](#)

Thread: [Drink that would keep me focused?](#)

**mawrek** - March 31, 2018, 6:43 pm

Does someone know a magic drink that can keep me focused while studying? Cause usually what I study is boring as a fresh dog shit so i get distracted easily

**2SLiCKZ** - March 31, 2018, 7:35 pm

Energy drink or a strong ass coffee does the job for me.

Or take adderall

**SupremeLV** - March 31, 2018, 7:36 pm

Energy drink is def the way to go like a monster would be perfect for you tbh

**krulliks** - March 31, 2018, 8:43 pm

Water or coffee(don't overdo it). Don't damage your self with those nasty ass energy drinks.

**Carta Production** - October 7, 2018, 9:53 am

## 1. Coffee + Cinnamon

Sure, it might seem obvious that coffee would perk you up and help you focus, but did you know that two to three daily cups have been linked to both long- and short-term improvements in memory? Bolster its brain-boosting effects even further by adding a few dashes of cinnamon—a 2009 study found that even just the smell of this spice can lead to increased feelings of alertness and decreased frustration.

## 2. The Right Breakfast

It's the most important meal of the day, after all. McDaniel's top picks: fiber-packed oatmeal and protein-packed eggs. They offer up an even stream of energy, compared with more processed, refined picks like corn flakes, bagels, or nutrition bars. Don't even think about a donut—you'll be asleep at your desk by 10 a.m. (Check out these 11 egg recipes like you've never had.)

## 3. Water + Lemon

Some jazzed up water may be all you need—studies show that dehydration can mess with memory and overall brain functioning big-time, while other research has found that the scent of lemon improves performance on tasks that require a great deal of concentration.

## 4. Peppermint Tea

Even without caffeine, this tasty brew can perk up your brain. Studies have found that the scent of peppermint is associated with reduced anxiety and fatigue, and enhanced motivation and performance.

## 5. Beets

These root veggies are loaded with dietary nitrates that are converted into nitrites in the body, which increase blood flow and oxygen to the brain. Not a fan of beets' earthy flavor? Try roasting them to bring out their natural sweetness, or whip up this Blueberry Beet Almond Smoothie to take with you to work.

**ethelooking** - September 22, 2020, 10:41 pm

You can try dark chocolate or water + lemon

**Hilfiger** - *September 22, 2020, 11:01 pm*

Energy drinks. I love Monster that is my preferred but I like Nos and some others as well. I heard Bang works great.