

Forum:[Hack Forums](#)

Thread: [What is your favorite supplement/herb for brain power?](#)

Sniped - February 26, 2025, 7:12 am

I've had experience using Lions Mane & Bacopa.

Lions mane makes it easier for me to call back memory, and it makes focusing feel a little bit more effortless. I like it for a slight mood uplift too.

Bacopa feels like my focus is greatly enhanced and I get some energy from it too. I usually have it in tea.

What do you guys use and what's your favorite?

Sniped - February 28, 2025, 1:56 am

(Feb 28, 2025 12:41 AM)Virulent Wrote: [\[CITE\]](#) Right now I'm just taking some daily vitamins from the pharmacy. What type of Limitless PEDs can we get sourced from the black market around here though?

Hahaha limitless. Psychedelics at low doses can be very performance enhancing. Psilocybin is good because it doesn't drain you the next day.

Research microdosing reports online.

I've tried Modafinil before, lots of people rave about that. I would say that's the best pharma for performance... but I wouldn't use it again. I don't like overclocking too much

(Feb 28, 2025 12:41 AM)Virulent Wrote: [\[CITE\]](#) Right now I'm just taking some daily vitamins from the pharmacy. What type of Limitless PEDs can we get sourced from the black market around here though?

Daily vitamins to feed the nutrient deficiencies can go a long way. I'm always getting Magnesium going.

? sentient ? - February 28, 2025, 6:27 am

(Feb 28, 2025 02:56 AM)AustinBainzy Wrote: [\[CITE\]](#) Daily vitamins to feed the nutrient deficiencies can go a long way. I'm always getting Magnesium going.

Yeah I would mention Magnesium bisglycinate as the most important supplement., it helps with sleep and energy levels, muscle relaxation / cramping and tons of other chemical reactions going on in your body. I would maybe add D3/K2 (in the winter) and Zinc to that for holy trinity of supplements.

If you're into long cardio type exercise, I think your water is a good place to add Magnesium, Zinc and sea or Himalayan salt to replenish what you lose in sweat. Zinc isn't really needed for this but even if not taken daily since it mixes with the water I find it the easiest way to add some extra Zinc.

Varied fruit in season goes a long way too as well as anything bee related like honey, pollen/bread and royal jelly if you can get your hands on it, but it definitely has to be real product from a trusted source else it has the opposite effect. Other than that sometimes I'll also drink Green Tea which has plenty of compounds that do all sorts of good.

In general I try to incorporate into diet, so fruit and bee products are part of my diet. Magnesium, salt and zinc are part of my workout water. D3/K2 I'm not taking constantly, only at times during the winter where I want to top my levels.

Sniped - March 3, 2025, 1:13 am

(Feb 28, 2025 07:27 AM)? sentient ? Wrote: [\[CITE\]](#) Yeah I would mention Magnesium bisglycinate as the most important supplement., t helps with sleep and energy levels, muscle relaxation / cramping and tons of other chemical reactions going on in your body. I would maybe add D3/K2 (in the winter) and Zinc to that for holy trinity of supplements.

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D3 K2 + Zinc is great.

I do recommend looking thoroughly through blood tests, and scanning everything through AI to see how your levels correlate with nutritional deficiencies. I found I needed K2 by doing that.

Doctors are very bad at finding patterns in this sort of data. I've realized its our job to go through it.

Sounds like you got a good diet and stack going.

(Mar 1, 2025 04:09 PM)Virulent Wrote: [\[CITE\]](#) Is there any specific brand name you guys recommend for these supplements or is just whatever they have at CVS going to be fine?

I guess there probably isn't any proprietary formula to these natural things just curious on quality, value, etc.

I recommend getting the actual herb over any powder or extract.

Tea is the most potent method for me when it comes to herbs. The Bacopa is great that way too.

Lions Mane I've never purchased the actual mushroom just extract. I haven't seen it anywhere locally, have to grab it online.

This is the brand I get from local: <https://fernandlily.com.au/>

? sentient ? - March 3, 2025, 2:50 am

(Mar 3, 2025 02:13 AM)AustinBainzy Wrote: [\[CITE\]](#) D3 K2 + Zinc is great.

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Actually I think GPs and even specialist doctors are doing their job just fine, I just don't think we got the same definition for their job.

Of course surgeons save lives, and otherwise modern medicine is very good at dealing with trauma type injuries, but in general you don't want to trust your health to the system. In my honest opinion I think GPs are outright drug dealers, insurance scammers and ultimately got many people's blood on their hands, but this is a top-down issue that starts in their education. Still, I can't really excuse a PhD/MD that promised to advance science, knowledge and stay up to date in his field for his entire life since that's the very basic foundation of a PhD.

I think your AI point is a very interesting one. AI obviously will focus more on the real data and give logical conclusions, but this also has its limitations since general models knowledge is still very limited and way too broad to really focus on metabolic, chemical pathways and the underlying biology. Once you introduce web search features to these models, from experience, you introduce a lot of bias on the replies due to the nature of modern search engine algorithms and bias, our scientific model and profit based funding.

Maybe with more specialized models you could get more meaningful answers, but I think for overall nutritional knowledge as you mentioned, there should be very good input from these models.

Beherit - March 17, 2025, 5:48 am

Life has been much better since supplementing with zinc. I want to try L-Theanine though - heard good things online.

TheNaturalBoy - March 18, 2025, 12:32 am

It's not exactly for brain strengthening, but when I arrived in the city, a friend recommended Creatine Monohydrate from the Birdman brand. It helped me physically and, I think, mentally too. I don't know any supplements yet, since they're honestly expensive, and I don't know much about the subject. I only see videos or commercials from influencers selling all kinds of supplements, and I don't trust them.

blackrose_x0x0 - March 19, 2025, 10:21 am

I'm a big fan of mushroom supplementation for brain support. Namely lion's mane, reishi, and cordyceps. Also recommend microdosing psilocybin which I'll do once or twice a year for a small period of time.

Creatine is another one which I saw mentioned above in this thread. I've already been taking it for fitness reasons but it's been well studied and does have some mental benefits as well.