

# Nootropic Morning Stack

## A Practical Guide

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Stacking nootropics is not about taking more — it is about understanding which mechanisms work together without overlap or interference. This guide covers six compounds with overlapping evidence bases, their optimal timing, and the logical combinations supported by clinical research. Start with one compound for two weeks before adding the next. Baseline and evaluate.

### THE CORE COMPOUNDS

#### 01 Caffeine + L-Theanine

The most-studied nootropic combination. Caffeine blocks adenosine receptors for wakefulness; L-theanine promotes alpha waves and attenuates caffeine's anxiogenic effects without reducing its alerting action. Ratio: 1:1 to 1:2 caffeine:theanine. Typical dose: 100mg caffeine / 200mg L-theanine. Take upon waking or before focused work.

#### 02 Alpha-GPC

The most bioavailable choline precursor. Crosses the blood-brain barrier efficiently and raises acetylcholine — the neurotransmitter of attention and memory. Dose: 300–600mg taken 60–90 min before demanding cognitive work. Do not combine with racetams without understanding the mechanism.

#### 03 Bacopa Monnieri

The only adaptogen with consistent replication in memory consolidation trials. Bacosides slow the breakdown of acetylcholine and reduce cortisol at the hippocampal level. Takes 6–12 weeks to show full effect. Dose: 300–450mg standardized to 55% bacosides, with food. Takes time — do not abandon after two weeks.

#### 04 Lion's Mane Mushroom

Stimulates synthesis of Nerve Growth Factor (NGF) via hericenones and erinacines. Supports myelination and neuroplasticity. Not acute — this is a slow-building compound with effects visible over 4–8 weeks. Dose: 500–1000mg of fruiting body extract, taken daily.

#### 05 Magnesium L-Threonate

The only magnesium form shown to cross the blood-brain barrier and increase synaptic density in the hippocampus. Improves NMDA receptor function, which is required for LTP (long-term potentiation) — the cellular mechanism of memory formation. Dose: 1500–2000mg compound (144mg elemental Mg) at night.

#### 06 Rhodiola Rosea

An adaptogen with the strongest acute evidence base. Blunts the cortisol stress spike without sedation, reduces mental fatigue measurably within hours of dosing, and preserves cognitive output under stress. Dose: 200–400mg rosavins + salidroside standardized extract, taken on an empty stomach.

### RECOMMENDED TIMING

Upon waking Caffeine 100mg + L-Theanine 200mg

60–90 min before deep work Alpha-GPC 300–600mg

|                |                                   |
|----------------|-----------------------------------|
| With breakfast | Rhodiola Rosea 200-400mg          |
| With any meal  | Lion's Mane 500-1000mg            |
| With any meal  | Bacopa Monnieri 300-450mg         |
| Before bed     | Magnesium L-Threonate 1500-2000mg |
|                |                                   |
|                |                                   |

IMPORTANT NOTES

- Introduce one compound at a time. Two-week minimum before adding the next.
- Alpha-GPC and anticholinesterase medications interact — consult your physician.
- Bacopa should be taken with food to avoid nausea.
- Caffeine after 1-2pm impairs sleep for most people (5-7 hour half-life).
- None of these compounds replaces adequate sleep, nutrition, or exercise.