



**MAKE YOUR OWN
NOOTROPIC AND
SUPERFOOD
COFFEE**

COBO
by COBOsmart.com

INTRODUCTION

For the last few years I have been looking into ways to improve my overall focus, concentration and productivity.

I tried many things from meditation to yoga and eventually got into **nootropics and superfoods**.

Nootropics are really cool substances that can enhance brain activity in various ways, but they are not drugs that make you high so don't worry.

In this book I will share my best findings and show you how to create the focus and concentration stack that me and my friends have been using as a secret weapon,

This stack will also provide you with some awesome superfoods so that you level up your overall wellness.

Let's get right on it!

Nemo
Co-founder of COBOsmart



COBOsmart wellness coffee

Let's face it! Stuff you put in your coffee matters.

The common western way is creamer, dairy milk and loads of white sugar or sweet syrups that raise your insulin, and that is definitely not the best for your wellness.

Now days we tend to boost everything with superfoods so why not the coffee!

Lets start with the list of my absolute favourite superfoods and nootropics to stack in your coffee (that we also use in COBOsmart).



COBOsmart wellness coffee

Cinnamon

Best known for normalizing blood sugar levels, cinnamon also has antiseptic properties and aids digestion as well as nausea. Packed with manganese, fiber, iron and calcium, this classic spice adds much flavor and a slight sweetness.

Cinnamon research links:

1. [Cinnamon extract inhibits \$\alpha\$ -glucosidase activity and dampens postprandial glucose excursion in diabetic rats.](#)
2. [The potential of cinnamon to reduce blood glucose levels in patients with type 2 diabetes and insulin resistance.](#)

Turmeric

The golden wonder used mainly for its antiseptic, anti bacterial and anti inflammatory properties, but not everyone knows it is antidepressive. It is also high in antioxidants. Turmeric contains ca 3% curcumin which is the active compound. (In COBOsmart we use 95% curcumin extract.) This one is a **MUST** in your morning coffee!

Turmeric research links:

1. [Curcumin as an add-on to antidepressive treatment: a randomized, double-blind, placebo-controlled, pilot clinical study.](#)
2. [Curcumin maintenance therapy for ulcerative colitis: randomized, multicenter, double-blind, placebo-controlled trial.](#)
3. [Curcumin for the treatment of major depression: a randomised, double-blind, placebo controlled study.](#)

COBOsmart wellness coffee

Theanine

L-Theanine is one of the main active ingredients found in green tea. It helps promote relaxation without drowsiness, making it synergistic with caffeine. It is also implicated in reducing the perception of stress and slightly improving attention. A combination of L-Theanine with caffeine is noted in scientific studies to be synergistic in promoting cognition and attention.

L-Theanine research links:

- [1. Effects of Theanine on the Release of Brain Alpha Wave in Adult Males.](#)
- [2. Effects of l-theanine on attention and reaction time response.](#)

Maca

Maca is rich in nutrients and has traditionally been used as an aphrodisiac that affects both genders. It does not work through hormones, and does not increase testosterone or estrogen. Men supplementing maca have been known to experience an increase in sperm production. Increase in libido is seen in scientific studies in both genders. Maca also shows mild anti depressant properties in research.

Maca research links:

- [1. A double-blind, randomized, pilot dose-finding study of maca root \(*L. meyenii*\) for the management of SSRI-induced sexual dysfunction.](#)
- [2. Effect of *Lepidium meyenii* \(MACA\) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men.](#)
- [3. Beneficial effects of *Lepidium meyenii* \(Maca\) on psychological symptoms and measures of sexual dysfunction in postmenopausal women are not related to estrogen or androgen content.](#)

COBOsmart wellness coffee

Black pepper

In order for our bodies to better absorb the goodness from herbs especially turmeric, we need just a pinch of black pepper. This helps to optimize absorption by enhancing the bioavailability. Black pepper commonly consumed with turmeric as an enhancer.

Black pepper research links:

1. [Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers.](#)

Taurine

Taurine exerts most of its benefits vicariously through other compounds in the body, but exerts some of its own on a cellular level. It is being heavily researched as an anti-diabetic compound due to its actions on organs of the body of most concern to diabetics (kidney, eye, nerve health) as well as controlling blood sugar while reducing some forms of insulin resistance.

Taurine research links:

1. [Scientific Review: Taurine: A “very essential” amino acid](#)

INGREDIENTS

In order to prepare your awesome superfood nootropic coffee you will need to buy the following:

- Organic coffee
(we prefer instant coffee)
- Guarana powder
- Cacao
- Maca root powder
- L-Theanine
- Turmeric extract (95% curcumin)
- Cinnamon extract
- DMAE powder
- Taurine
- Black pepper
- Green coffee extract
- Green Tea extract

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PREPARATION

We have calculated a good mixture for you to blend. Measure up and mix amount of each ingredient:

3g Guarana powder

1.8g L-Theanine

1g Maca

1.5g Taurine

0.8g Cacao

0.6g Curcumin 95%

0.3g DMAE

0.1g Acetyl L-Carnitine

0.05g Vitamin B6 powder

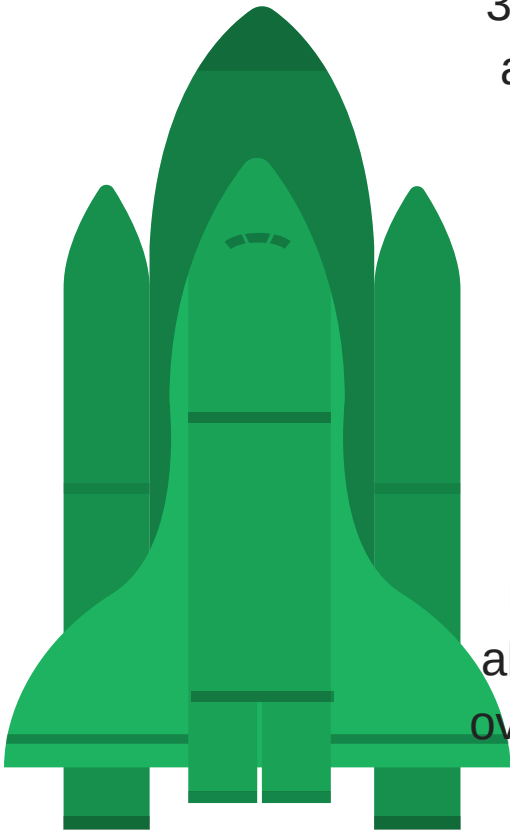
0.1g Black pepper

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To the above mix, add 20g of instant coffee. Now you can store this and use it as your morning coffee!

To make your coffee just add 2 teaspoons (around 3g) in 1/2 cup of hot water and enjoy your nootropic coffee!



Prepare for take off!

If you want to read more about the ingredients head over to our homepage here:

WWW.COBOSMART.COM/INGREDIENTS

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