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## **Corpina Mind Lab Pro Review**

The race to dominate the nootropic supplement market is on. Dozens of supplement companies are competing for this growing [\\$2.7 billion market](#).

But it soon occurred to me early in my quest for the ideal nootropic stack. That sifting through this crazy and often confusing market was going to take a lot of research. And even more trial and error.

Every nootropic company has their own take on what makes the ideal nootropic stack. Each focusing on one, two or three aspects of cognitive enhancement. And each going after a different segment of the market.

Cognitive enhancers intended for boosting alertness and focus. Or better memory. Others target the tech entrepreneurs in Silicon Valley. Or corporate executives. Some go after the younger neurohacker who wants better grades.

But no single company could claim a “universal nootropic stack”. A formula that could help a gamer as well as an accountant. An athlete as well as a stay-at-home mom. An attorney or a doctor. Or someone like me who wants to boost overall brain power.

Then I came across the UK company Opti Nutra. And their “100% Brainpower” formula called Mind Lab Pro™.

Opti Nutra claims to have the “first Universal Nootropic” ... that “boosts all aspects of cognition in all types of people – especially those whose active lifestyles demand dynamic brainpower”.

### **One Nootropic Formula for All**

Now I’ve tried a lot of different nootropic stacks. And individual supplements in my quest to amplify my brain power. And no single stack that I’ve tried so far covered every aspect of cognition in one go.

But Opti Nutra claimed to be able to boost memory, mental performance, creativity, mood, energy, stress, and motivation. While fighting aging and brain degeneration. All in one nootropic formula of 2 capsules per day.

How is this possible?

Let's take a look at their formula. And see if their claims stack up. The Mind Lab Pro stack contains 11 ingredients including many which I've reviewed individually here on Corpina. The stack includes; Citicoline, Bacopa Monnieri, Lion's Mane Mushroom, Phosphatidylserine (PS), Pterostilbene, N-Acetyl-L-Tyrosine (NALT), L-Theanine, Rhodiola Rosea, Vinpocetine and Vitamins B<sub>6</sub> and B<sub>12</sub>.

The company's strategy in putting together this stack is largely based on the synergy of each of these nootropics working together. Their aim is to optimize 6 brain pathways:

- Energy
- Neurotransmitters
- Cerebral blood flow
- Brain Waves
- Neuroprotection
- Regeneration

Combined these ingredients are meant to boost 4 areas of mental performance:

- Memory (encoding, storage, recall, learning)
- Performance (speed, processing, attention, focus, verbal fluidity)
- Mindset (mood, stress, relaxation, creativity, motivation)
- Structural (injury repair, cell membranes, neurogenesis, anti-aging, fight degeneration)

Opti Nutra claims that these 4 key mental performance categories affected by the stack's ingredients work in synergy to unlock all these benefits.

So the next logical step is to take a look at each of these ingredients. And see if their claims make logical sense.

### **What is Mind Lab Pro**

The first thing that stands out with this stack is that it's mostly botanical ingredients. It doesn't contain any of the racetams or caffeine.

Let's take a look at each nootropic and review what we know. (Note that each nootropic links through to a full individual review for that ingredient).

- [Citicoline](#) (Cognizin®) 250 mg – Citicoline is needed to synthesize one of the main phospholipids that make up brain cell membranes - phosphatidylcholine (PC). It is also involved in the production of *acetylcholine*. While providing *antioxidant* activity.

Citicoline as a nootropic supplement enhances attention, concentration, memory, logical reasoning, learning and focus.

- [Bacopa Monnieri](#) (45% bacosides) 150 mg – Bacopa helps boost the neurotransmitters *acetylcholine*, *GABA* and *serotonin*. While protecting brain cells from free radical damage and apoptosis (cell death). And even boosts cerebral circulation.

Bacopa taken as a nootropic cuts back learning time, and improves memory and recall.

- [Lion's Mane Mushroom](#) 500 mg – Lion's Mane is the only mushroom known to support brain health. It stimulates *nerve growth factor* which helps *neurogenesis*, and myelin axon sheath synthesis.

Improving neuroplasticity with Lion's Mane helps memory formation and supports brain cell repair. This mushroom also provides liver detox, regulates blood sugar and cholesterol levels.

- [Phosphatidylserine](#) (Sharp PS® Green) 100 mg – PS is a phospholipid making up 15% of brain cell membranes. PS increases *nerve growth factor* to help *neurogenesis*. It optimizes neuroreceptors all while promoting acetylcholine and dopamine. And helps maintain brain cell membrane fluidity. Which keeps cells healthy.

- [Pterostilbene](#) 500 mcg – Pterostilbene is a polyphenol derived from grapes and blueberries. It is a potent antioxidant protecting brain cells from free radical damage particularly under severe stress. Even assisting recovery from stroke by protecting the brain's blood supply.

Pterostilbene used as a nootropic also helps fight off and even reverse cognitive decline.

- [N-Acetyl-L-Tyrosine](#) (NALT) 175 mg – NALT is an amino acid critical for the synthesis of neurotransmitters dopamine, epinephrine and norepinephrine. Boosting these catecholamine neurotransmitters helps

improve cognition, mood and memory.

NALT has also been shown to improve working memory while multitasking. And helps optimize mental performance when you're under severe stress, fatigue and even sleep deprivation.

- [L-Theanine](#) (Suntheanine®) 100 mg – L-Theanine is naturally found in green tea. It settles the excitatory neurotransmitters while promoting calming serotonin and GABA. Sharpening attention, alertness and focus that help creative problem solving, learning and studying.

L-Theanine also increases alpha brain waves which are associated with relaxation and enhanced creativity. This nootropic even boosts your immune system, helps keep blood pressure under control and promotes healthy sleep.

- [Rhodiola Rosea](#) 50 mg – Rhodiola is an adaptogen which boosts mood by influencing norepinephrine, serotonin and the feel-good opioids like beta-endorphins. It boosts neurogenesis, activates the synthesis of ATP, and reduces the inflammatory C-reactive protein in your brain.

Rhodiola helps improve mental performance while under stress and enhances mood.

- [Vinpocetine](#) 6 mg – Vinpocetine is an extract of the periwinkle plant that easily crosses the blood-brain barrier to increase *cerebral blood flow*.

Boosting cerebral circulation with Vinpocetine promotes brain cell glucose and oxygen metabolism. Which helps attention, concentration and memory.

- [Vitamin B<sub>6</sub>](#) (P-5-P) 2.5 mg – B<sub>6</sub> is critical for the synthesis of the major neurotransmitters dopamine, GABA, norepinephrine and serotonin. Which influence mood, melatonin, and helps regulate your body clock.

B<sub>6</sub> also helps protect your brain from excess homocysteine that can damage blood vessel linings. And B<sub>6</sub> helps form myelin which is the protective sheath that surround axons in your brain and body.

- [Vitamin B<sub>12</sub>](#) (methylcobalamin) 7.5 mcg - B<sub>12</sub> is required to regulate homocysteine levels in your brain and body working with Vitamin B<sub>6</sub>.

B<sub>12</sub> is also a cofactor in the synthesis of dopamine, GABA, norepinephrine and serotonin. Low levels of Vitamin B<sub>12</sub> has been linked to poor mood and cognition leading to cognitive decline at any age.

### **Editor's Note**

When I first looked at the ingredient list for Mind Lab Pro. I'll admit I was underwhelmed. Sure, each of these nootropics have the science showing their various abilities to boost cognition. And I've tried all of them individually at one time or another. With some success.

But no racetams or caffeine. And fairly conservative doses of some of the ingredients. So I wasn't expecting any immediate benefit.

Taking the recommended two capsules in the morning. And an hour later I still didn't really 'feel' anything. On the other hand I didn't feel any kind of a crash later in the afternoon either.

Looking back on my first day using Mind Lab Pro I realized I had a steady amount of energy to get through everything I was doing that day. Focusing on tasks was easy. My mood stayed steady and calm all day long.

Now after two weeks of using 2 capsules a day of Mind Lab Pro every single day. This is the longest straight streak of productivity I can remember having in a long time.

My sleep was never disturbed from using this stack. And the cognitive boosts I got from using Mind Lab Pro were subtle. But steady. Focus was never a problem. Attention to detail on certain things felt natural. Workouts were better with less fatigue. Mood was steady every day but never numbed down.

One thing that has started to stand out is memory. Little things like names seem to be there when I need them. I imagine the longer I use this stack even more memory will come back. Things I hadn't realized I'd forgotten. Like the name of the postman who has been delivering my mail for the last 3 years. And the name of the cashier at the local 7-Eleven.

### **Mind Lab Pro Reviews**

Scouring the 'net, the comment I see most often is how 'safe' the stack is. A few complain about the price at \$65 for a month supply. But the overwhelming opinion seems to be that it works.

People on forums like reddit report their productivity has increased. Memory and focus got progressively better the longer they used it.

One comment I see often is "try it for a month". And then take a look back on your productivity levels for the last 4 weeks. And people are often surprised at what they've accomplished.

Short term memory has improved. Ability to multi-task was much better. Feeling more alert, sharper and ability to focus. Learning in general was a bit easier.

And then there are the video reviews on the [Mind Lab Pro website](#) with chess grandmaster Nigel Short, a professional base jumper, a white water guide and an attorney. Each reviewer was enthusiastic about how this stack helped them up their game.

## **Benefits and Effects**

Mind Lab Pro is for complete cognitive optimization. And Opti Nutra has identified 6 brain pathways that are touched from multiple angles by each of the 11 ingredients.

- **Brain chemistry** – memory, processing speed, mood, attention, and creativity are all boosted by optimized neurotransmitters, amino acids, brain cell fluidity, and better nutrition and oxygenation.
- **Brain energy** – less brain fog and mental fatigue makes for better alertness, quicker thinking and focus.
- **Brain regeneration** – repair, maintenance and fuel for brain cells helps neuroplasticity and rapid brain cell growth.
- **Brain circulation** – more blood flow oxygenates brain cells, clears out toxins, and improves nutrient delivery.
- **Brain protection** – Free radicals and oxidation are reduced helping to prevent brain cell death and cognitive aging.
- **Brain waves** – alpha brain waves are amped up for wakeful relaxation during studying, learning and productivity.

## **How it Works**

Opti Nutra recommends taking two capsules in the morning. Preferably with a healthy oil like coconut or olive oil. The vegan Plantcaps® are digested

quickly and the ingredients should start working within 30 minutes. And the effects should last you all day.

Usually, two capsules are all you'll need for a full day of brain optimization. The synergy of this stack with 11 different ingredients increases the potency and efficacy beyond taking these compounds on their own. As a result, lower doses of some ingredients are used compared to dosing them individually.

Every ingredient in Mind Lab Pro has literally hundreds or thousands of research studies and clinical trials backing them up. Once you dig into the science for each of these compounds you'll see cross-over in areas like neurotransmitters and phospholipids. So smaller amounts of each work together for a boosted effect when combined.

But like every nootropic, *your mileage may vary*. What works for me may not work well for you. Our body and brain is unique and affected by a ton of factors. You may have better results. Or it may not work at all. The only way to know is to try Mind Lab Pro for a month.

## **Dosage**

Mind Lab Pro comes in vegan Plantcaps capsules with a blend of ingredients that is detailed on their website, on the box and on the bottle itself.

The company recommends taking two capsules in the morning or early afternoon, *preferably with food*. What they mean with "preferably with food" is that some of the ingredients are fat-soluble. And are better absorbed if taken with a healthy fat like organic coconut or olive oil.

You can increase to a maximum of four capsules per day. But "do not exceed four capsules in a 24 hour period unless otherwise directed by a health care practitioner".

## **Side Effects**

Mind Lab Pro doesn't list all side effects. But all the ingredients are natural and considered safe and non-toxic. But there could be interactions between Mind Lab Pro and other medications. So check each ingredient against whatever medications you're currently on. And ensure you don't run into any problems. Ideally, it's best to consult with your doctor just to make sure.

I haven't seen any side effects reported in any of the comments I've seen on various forums.

## **Stacking**

On its own, Mind Lab Pro is a complete stack of some potent cognitive enhancers. And the beauty of this stack is the company discloses exactly what is contained in each dose. So if you feel like you want to maximize your experience, you could try adding:

### **Mind Lab Pro & Fish Oil**

If you're looking for long-term benefits, combining MLP with fish oil will almost certainly give you an advanced cognitive boost. Try 2 capsules of Mind Lab Pro along with 500 mg of Krill Oil or 1,000 mg of DHA.

### **Mind Lab Pro & Aniracetam**

One of the racetam-family of nootropics, [Aniracetam](#) is known for its potent anti-anxiety and mood enhancing effects. Combining it with Mind Lab Pro can offer even more benefits for improving memory, focus and learning capability.

### **Mind Lab Pro & Sulbutiamine**

Discovered in Japan in the 1930's, [Sulbutiamine](#) is a derivative of Vitamin B<sub>1</sub> (thiamine). Research has shown this nootropic can amplify the effects of Mind Lab Pro by boosting mood, memory, relieve fatigue and provide an energy boost.

### **Alternatives**

There is no real good alternative to this nootropic stack. It does what Opti Nutra says it does. And pretty much covers all the bases when it comes to optimized cognition.

You can boost certain aspects of its effects by stacking with other nootropics like I mentioned in the Stacking section above. But Mind Lab Pro doesn't really have any direct competitor.

### **Closing Thoughts**

Opti Nutra is certainly on to something with Mind Lab Pro. Each ingredient has a ton of science backing up what the company claims for enhanced cognition.

Long-term use of Mind Lab Pro (i.e. 30-days) is going to provide noticeable cognitive benefits in every area of your brain and life. Or not. The only way to find out is to try it for 30-days and see what happens.

The company offers a no-brainer "empty bottle" guarantee. So if you faithfully try the entire bottle and are not happy with the results. Send the

empty bottle back to Opti Nutra and they'll refund your money (less shipping).

What's more, the ingredients on their own will likely cost you 2 or 3-times more than buying the formula from Opti Nutra. Even with this premium stack, to my mind it's still a good deal for a great nootropic stack.