

QUANTUMiND: An Energy Nootropic for a Quantum State of Mind

written by Mike Roberto | May 30, 2018

Last year was a major breakout year for nootropics, as brands brought many products that have re-defined the industry of cognitive-enhancing supplementation. Cutting edge ingredients once found only on obscure websites are now hitting the mainstream thanks to the growing use and research into nootropics. The brand *Filtered Formulas* is taking it further in a new direction, though: on top of making you focused, they want to fuel your *ambition* too – by putting you in a “quantum state of mind”.

What’s The Goal?



QuantuMind, stylized as **QUANTUMiND**, is a nootropic designed with “*entreprenathletes*” in mind. These are the individuals you see on YouTube and Hacker News – not the television – who are taking over the world using brains, creativity, *and* personality. The next generation of industry greats skate a very thin line, with the highest achievers thinking more, hesitating less, and acting with more ferocity than their competition.

Filtered Formulas, the brand behind this feel-good nootropic, has set out to give its “mind-athletes” such an edge. After all, even a *slight* daily edge adds up to a *massive* advantage over time, especially in this newfound competitive free market.

To produce this daily edge, QUANTUMiND comes at the cognitive enhancing angle from two different angles: an acute angle and a long-term angle. The acute angle helps you at the moment and includes the classic ingredients of nootropics like *caffeine*, *ashwagandha*, and *l-theanine*. QUANTUMiND also plays the long game by trying to improve and preserve your cognitive well-being. Ingredients like *Ginseng*, *Alpha Lipoic Acid*, and *Acetyl L-Carnitine* will have your brain working at top speed for time to come, and may even keep your blood sugar in check.

And if you haven't noticed, all of these ingredients make you feel damned good.

Without further adieu, let's give these ingredients a proper analysis, but first, check out the Filtered Formulas website and PricePlow's price comparisons and coupons if it hits our retailers:

Click here to see FilteredFormulas.com's pre-sale, and use coupon code **PricePlow15** to save an additional 15% off the launch discount!

Filtered Formulas – Deals and Price Drop Alerts

Get Price Alerts

Get Filtered Formulas alerts

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePlow relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

QUANTUMiND Ingredients

Note: The following doses are for the entire *day*. This product can be used all at once (six capsules), or preferably, split up twice per day. The entire day's worth gets you 300mg caffeine.

What you're going to notice here is that there's a *ton* of our favorite ingredients, all in one solid product, but many of them are slightly dosed below "clinical" doses, so it's tough to make any claims on the supplement.

However, we're absolutely certain it's going to be one of the most unique, feel-good (and potentially *virulity*-promoting) supplements we've tried:

- **Vitamin B12 (Methylcobalamin) – 1000mcg**

Ingredient	Claim per Dose (mg)
Methylcobalamin 100%	1.0
Alpha Lipoic Acid (ALA)	275.0
Ashwagandha (Withania somnifera) Root Powder	200.0
Black Pepper (Piper nigrum) Fruit Extract (95% Piperine) (BioPerine®) (Sabinsa)	10.0
Caffeine 98% Powder	300.0
N-Acetyl L-Carnitine HCl	500.0
Panax Ginseng (Panax ginseng) Root Powder	100.0
Green Tea Ext 98% Polyphenols, 50% EGCG, 80% Cat	150.0
Hordenine HCl	75.0
Phenylethylamine HCl	350.0
Phosphatidylserine 50% Powder (SunPS) (Soy-Free)	175.0
Shilajit (Asphaltum s.) Mineral (20% Fulvic Acid) Extract	150.0
L-THEANINE	150.0
L-Tyrosine	450.0
alpha GPC Compound 50% (ALLERGEN)	250.0

The QUANTUMiND Ingredients, down to the standardization percentages! Antioxidants, adaptogens, anxiolytics, mood-boosters, energy, and more!

Let's start easy with the classic energy supplement add-on that's nearly everywhere anymore. It's difficult to be deficient in **Vitamin B-12** these days, especially if you're a fan of canned energy drinks – but if you're using QuantuMind to replace energy drinks, now you won't be missing out.

On the cognitive angle, there is a correlation, albeit a weak one, between vitamin B12 deficiency and depression.[1] For those that ARE deficient, QuantuMind has your back with a bonkers dose – you'll get 16,667% of your RDA.

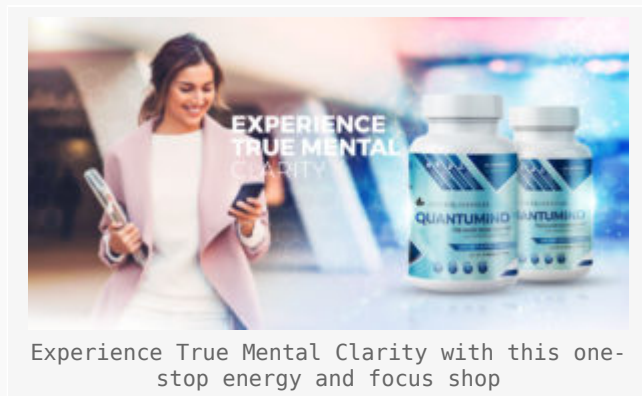
We appreciate that Filtered Formulas chose **methylcobalamin** instead of the cheaper cyanocobalamin. This is a litmus test we use (often in multivitamins) to check for companies who *care*.

- **N-Acetyl L-Carnitine (500mg)**

Perhaps better known as *ALCAR*, **Acetyl L-Carnitine** is the typical form of carnitine used in nootropic supplements. ALCAR is more efficient at crossing the blood brain barrier than other forms of carnitine.[2] Carnitine provides many cognitive benefits like improved focus, improved memory, and neuroprotection.[3-5]

The dose here is just at the cusp of what we feel. You'll probably get something from it, but we would have preferred dosing at 1 gram... yet that's not happening because this is a capsule product and there's a *ton* of other stuff to get to!

- **L-Tyrosine (450mg)**



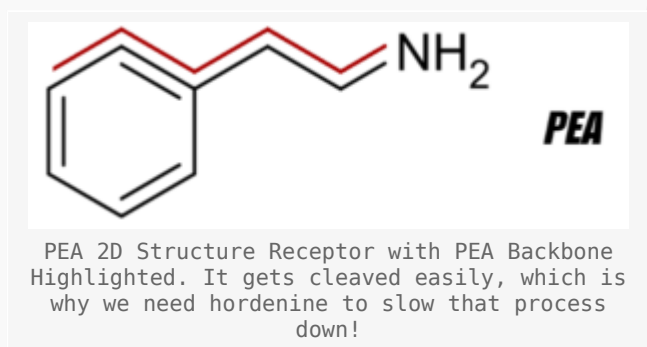
L-Tyrosine is a catecholamine building block,[6] and it's not uncommon to see the ALCAR / L-Tyrosine combo to start off a supplement.

Catecholamines include the coolest neurotransmitters like *dopamine* and epinephrine brothers (*norepinephrine* and *epinephrine*). L-Tyrosine also likely makes caffeine work even better – and we have some of that coming too! Tyrosine increases catecholamine production while caffeine increases their *release patterns*. Together? You'll be ready to take on your day, full of cognitive activity.

We always claim that 500mg is where we start feeling things here... and this *just* misses that mark. It's still a good dose, but this does happen a few times in this action-packed nootropic. Hordenine in the next section is dosed high to make up for it though:

- **PEA (350mg) and Hordenine (75mg)**

PEA is a feel-good stimulant that is becoming popular in the industry of pre-workouts and nootropics. A single dose will have you feeling *great*. [7] However, it doesn't last long as *monoamine oxidase* (MAO) rapidly destroys PEA in the body.



Thankfully, **Hordenine** is an MAO inhibitor.[8] By inhibiting MAO, Hordenine lets PEA stay in the body for a longer time. This is one of those amazing

synergistic effects of the supplement world, perhaps rivaling even caffeine and L-theanine.

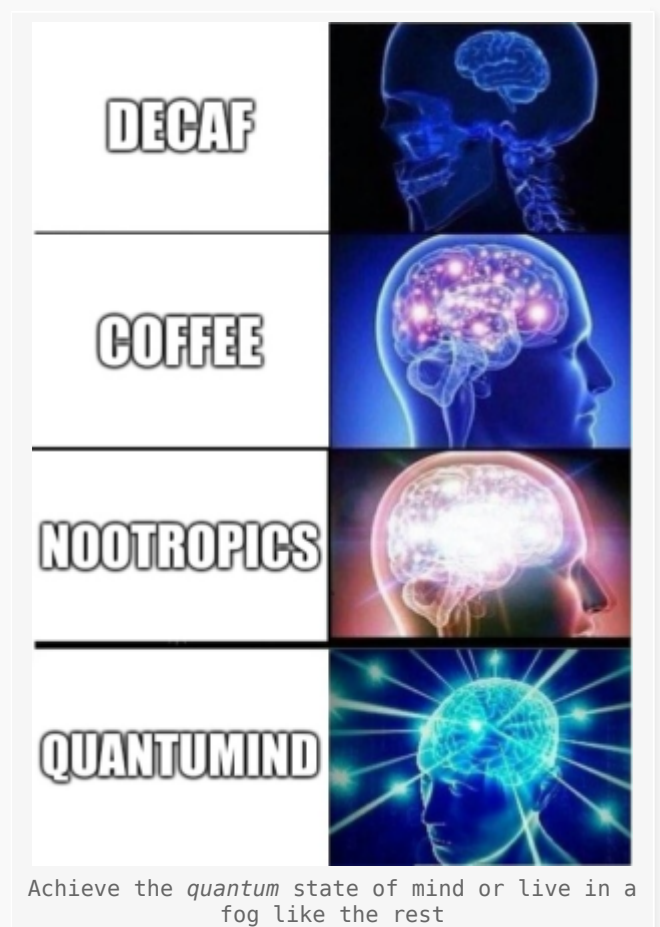
The PEA dose is up on the average end (we like 250mg or more, and definitely get that) and the hordenine dose here is on the *high* end (we almost always see 50mg), so we're now positive this is going to be a supplement that's *felt*.

Do note that WADA bans hordenine in competition. So drug-tested competitive athletes should look for cognitive enhancement elsewhere. Good news: entrepreneurs and "spreadsheet athletes" aren't drug-tested!

- **Caffeine (300mg) and L-Theanine (150mg)**

Caffeine is a miracle ingredient. You know it. We love it. We won't waste your time going into how it'll wake your ass up and keep you going for hours on end.

The thing to note here is that we have **50mg caffeine per capsule**, and this will be the main driver of how you take your capsules.



Meanwhile, **L-Theanine** is perhaps the best pairing to caffeine of all time. Think of it like a fine wine to go along with your fancy caffeine dinner. L-

Theanine helps destroy anything from caffeine's list of "cons", smoothing out the anxiety some get from it, keeping the effects calm and making users less jittery and more focused.[9]

The 2:1 caffeine:theanine ratio here is *exactly* as we like it. Cognitive-enhancing feels are provided, but we don't get too "chillax" from this dose (we're too busy for that in this kind of supplement).

- **Alpha Lipoic Acid (275mg)**

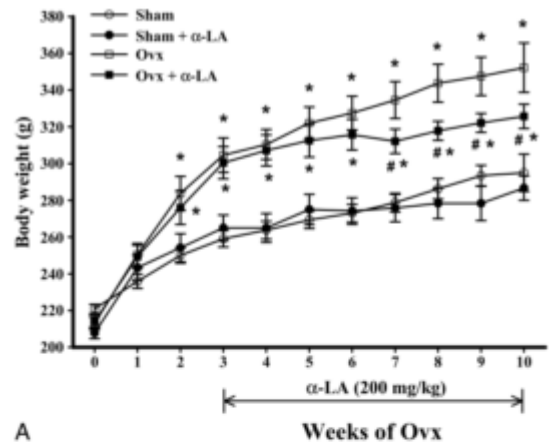
Now this is a unique play in a nootropic – and it makes sense if you've been following the latest neurological research.

Alpha Lipoic Acid (ALA) is a fatty acid typically found in meat products and animal fats. While found in nature, more serious supplementation of ALA reduces appetite, increases daily energy expenditure, and even **reduces fasting blood sugar**. [10-12]

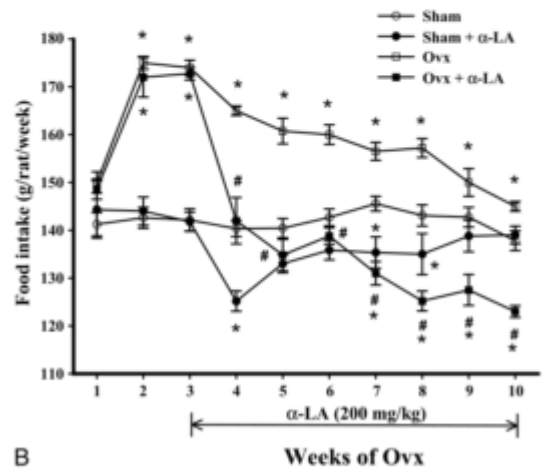
The blood sugar rollercoaster isn't good for "brain gains"

While not a *nootropic* per se, it's a damn good general health supplement, and we're starting to draw a huge connection between **lower blood sugar levels and increased focus, well-being, and even longevity**. For instance, a recently-published long-term study showed that Brits with overall greater blood sugar were at far higher risk of neurological decline.[13] It's becoming quite clear that part of your focus game is *avoiding* the whole blood sugar spike-and-crash rollercoaster, and this ingredient may help with that.

Note on the dosage



A



B

FIG. 1. Body weight (A) and food intake (B) of the rats in the four different groups were monitored weekly. Data are expressed as mean \pm SEM ($n = 3$ for each time point). * $P < 0.05$ compared with the sham group. # $P < 0.05$ compared with the Ovx group. Sham, sham operated; sham + α -LA, sham operated with α -LA treatment; Ovx, ovariectomized without α -LA treatment; Ovx + α -LA, ovariectomized with α -LA supplementation. α -LA, α -lipoic acid; Ovx, ovariectomized.

Rats given albeit high doses of ALA tend to lose weight and eat less. So why is it in a *nootropic*? Because we're finding that the blood sugar roller coaster is *bad* for mental performance!

One thing we must note is that one of the human studies cited above used 300mg ALA per day... just a hair more than we have here. Not a huge deal and doubt we'll notice, but we do need to mention that we're ever-so-slightly below that "clinical dose".

Interestingly, this is still dosed *higher* than what we see in some "glucose disposal agent" supplements meant to lower blood sugar... and that's not even our primary goal here! And one study showed antioxidant activity at as low as 100mg with a few other ingredients.[14]

Point being, we're off to a great start and expect overall health benefits, even if we're just a hair short of one successful study.

- **Green Tea Extract (98% Polyphenols, 50% EGCG, 80% Catechins) – 150 mg**

To further assist the ALA, **Green Tea Extract** has been added. There is some research that it helps increase calorie and fat metabolism, but its top function is rounding QUANTUMiND out with its antioxidant potential, which rounds the nootropic into a greater general health supplement as well – especially if this is used to replace one’s morning tea.

- **Alpha GPC 50% (250mg yielding 125mg Alpha GPC)**

Alpha GPC is one of the best forms of choline, but also one of the most expensive. While often used as an ergogenic (performance enhancing) ingredient, Alpha GPC also imparts incredible cognitive benefits... yet at certain doses slightly higher than this one! It does so by increasing the amount of acetylcholine (ACH) that is available to the brain.[15] Since acetylcholine triggers the learning processes of mammals, supplementing choline is a good move.

We appreciate the honest labeling here showing that you have a *resultant* 125mg Alpha GPC. With as little space as they had left due to all of the other ingredients, it’s best to go with the highest-quality form here – but choline junkies will want a bit more elsewhere in their day or in their pre workout, even if it’s some cheaper choline bitartrate or simply eating more eggs.

- **Ashwagandha (200mg)**



It’s no secret we have a serious crush on this ingredient. **Ashwagandha** is one of the most well-studied fatigue-reducing supplements in the world. While the extract at play isn’t disclosed, Ashwagandha can readily reduce your daily stress and help you *feel good*. [16,17].

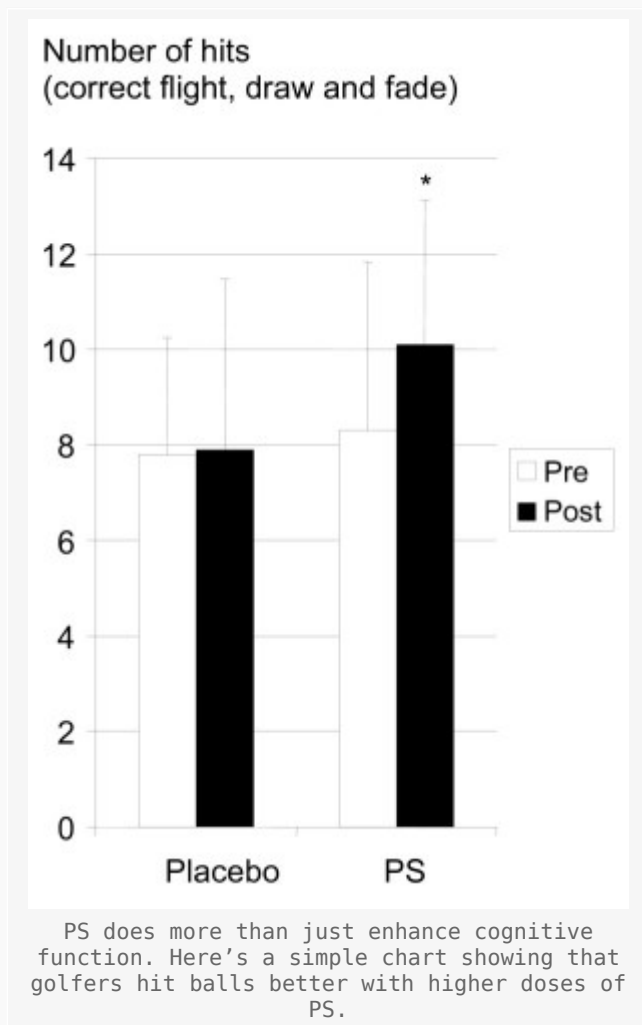
For entrepreneurs and athletes who still need to work day jobs, stress is part of their day-to-day life, and this is one that we prefer not to go without.

The dosage here is pretty close to where we like it. 300mg seems to be where

the “bang for buck” is at, but 150mg is where we anecdotally start “feeling it” with other product, so in a day’s dose we’re somewhere in between.

- **Phosphatidylserine (175mg SunPS at 50% yielding 87.5mg PS)**

Phosphatidylserine, or PS, is an amino acid-based compound found in the brain. It is also fat-soluble. It’s shtick is that it may improve memory in certain populations along with being a decent cortisol reducing agent.[18,19]



Take QuantuMind with a fat-heavy meal to make sure this ingredient does its job well.

Dosage comparisons to studies are difficult due to standardizations

This is a pretty solid dose, as we’ve been seeing 100mg as the standard. However, note that this is an ingredient that’s basically *never* at 100% “dose strength”. You’ll see it anywhere from 10% to 50% “standardization” – and Filtered Formulas stuck with the stronger end of things, thankfully.

The bigger question is with regards to the successful studies that used 200mg

– were those using 50% strength or not? None of them specify (they were soy-based, while this is sunflower-based), so it's tough to compare apples to apples.

- **Shilajit Extract (150mg) (20% fulvic acid)**

Shilajit is a recent darling of the natural testosterone booster section of the industry. Along with its testosterone boosting capabilities,[20] Shilajit likely will improve the bioavailability of other ingredients as well.[21] It may even improve muscle pliability and a muscle's ability to recover from exercise.[22] If any ingredient will deliver *hard* for the “athlete entrepreneurs”, it's this one.

However, the one human-based study used 200mg of 50% fulvic acid twice per day. This is a lower-dosed, weaker extract, so we can't make those claims in total confidence. With that said shilajit consistently feels great when we take it, and we're seeing it in a lot more “virulity” supplements.

- **Panax Ginseng (100mg)**



Ginseng is an underrated adaptogen, an ingredient category that includes *Ashwagandha* above. Ginseng is great for lowering fatigue, inducing calmness, mood elevation, and improving reaction times.[23,24] It's definitely been regaining ground in the supplement industry as extracts seem to have gotten stronger lately.

The question here is if we'd rather have 300mg Ashwagandha (which is more of a clinical dose) and no ginseng, or 200mg Ashwagandha and 100mg ginseng here to hit more angles. Filtered Formulas went the latter route – while ashwagandha seems to be stronger for us, the ginseng may add appeal to more users and hit a couple new pathways.

- **Bioperine (10mg)**

Bioperine is one of those classic ingredients you find industry-wide. QuantuMind includes bioperine in this supplement to help your body absorb and use the other ingredients more. Simple and effective.

Filtered Formulas Explains the “Why”

We asked Filtered Formulas CEO Neal Thakkar what prompted him to create this formulation:

“QUANTUMiND was created for unique challenges that the high-impact performer faces. The formula is able to provide both the acute kick needed, but is made to be taken every day, with positive effects that last and build up. No adrenal frying, jittery stim-bomb here, but definitely a product that will give you the smoothest sense of alertness you’ve ever felt.



Our intention was to construct something that is comprehensive, balanced, strong, unique, yet safe, for long-term use and our ingredient profile definitely does this. Antioxidants, Yup. Anxiolytics? Yes. Mood-boosting ingredients? Yes. Adaptogens? Yes. Neuroprotective? Yes. It’s the best and most practical option for the ambitious. Why play at a disadvantage?

– Neal Thakkar, Filtered Formulas CEO & Founder

Dosing QUANTUMiND

As mentioned above the ingredient area, the daily dose contains **six** capsules, but it’s really up to you how you wish to spread it out.

The driving force will be the stimulants (caffeine / PEA / hordenine). At **50mg caffeine per capsule**, most people will want to split their doses between morning and early afternoon, while others may just replace their strong energy drinks with a six-capsule slam all at once (don’t mix with other stimulants!!)

Our suggestion is to always start with three capsules, then assess how it feels and when/if you should take any more.

FILTERED FORMULAS
Evolve to the Higher-Order-State
www.filteredformulas.com

QUANTUMiND

Premium Nootropic Supplement

Athletes will get a kick out of this, but we believe its the *entrepreneurs* and business travelers who will benefit most!

Are you prepared for cognitive clarity?

QUANTUMiND looks like a great feel-good nootropic that brings a few twists we hadn't considered, but make total sense. You know we love caffeine, PEA + Hordenine, ashwagandha, etc... but the ALA inclusion is where we were sold.

All the ingredients have their proper place, and Filtered Formulas' use of the word "clarity" is well-suited. Everything included can definitely give you the slight edge over your competition you need to thrive, and there's nothing here that concerns us.



The dosing is flexible, and we'll opt for two split doses in the morning and afternoon, but some may just want to blast the entire 300mg caffeine all at once (assuming you're fine with six capsules).

However, we ask: why is this being marketed as a nootropic for both athletes AND entrepreneurs? To make athletic claims, we would have preferred seeing more ingredients designed for athletic performance. While an athlete will of course get a kick of the products (especially in sports requiring quick decision-making), we really think this is for the *cognitive* athletes out there – the ones who need to be relentless in their path to greatness – even if that means sitting at a computer or on the phone more than is 'normal' in order to get to the next level of success.

But hey, we're not normal creatures, and that's why we do what it takes to get ourselves into a *quantum* state of mind.

Click here to see FilteredFormulas.com's pre-sale, and use coupon code **PricePLOW15** to save an additional 15% off the launch discount!

Filtered Formulas – Deals and Price Drop Alerts

Get Price Alerts

Get Filtered Formulas alerts

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

References:

1. Coppen A, Bolander-Gouaille C. Treatment of depression: time to consider folic acid and vitamin B12. *J Psychopharmacol*; 2005; <https://pubmed.ncbi.nlm.nih.gov/15671130>
2. Parnetti, L, et al; "Pharmacokinetics of IV and oral acetyl-L-carnitine in a multiple dose regimen in patients with senile dementia of Alzheimer type"; *Eur J Clin Pharmacol*. 1992; 42(1):89-93; <https://pubmed.ncbi.nlm.nih.gov/1541322>
3. Goo, M, et al; "Protective effects of acetyl-L-carnitine on neurodegenerative changes in chronic cerebral ischemia models and learning-memory impairment in aged rats"; *Arch Pharm Res*; 2012 Jan; 35(1):145-54; <https://pubmed.ncbi.nlm.nih.gov/22297753>
4. Carta A, Calvani M, Bravi D, Bhuachalla SN; "Acetyl-L-carnitine and Alzheimer's disease: pharmacological considerations beyond the cholinergic sphere"; *Ann N Y Acad Sci*. 1993; 695:324-326; <https://pubmed.ncbi.nlm.nih.gov/8239306>
5. Gomez L.A., Heath S.D., Hagen T.M. "Acetyl-L-carnitine supplementation reverses the age-related decline in carnitine palmitoyltransferase 1 (CPT1) activity in interfibrillar mitochondria without changing the L-carnitine content in the rat heart"; *Mechanisms of Aging Development*; 2012 Feb-Mar; 133(0): 99-106; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4147858/>
6. Pietz J, Landwehr R, Kutscha A, Schmidt H, de Sonneville L, Trefz FK. Effect of high-dose tyrosine supplementation on brain function in adults with phenylketonuria. *J Pediatr*. 1995;127(6):936-943; <https://pubmed.ncbi.nlm.nih.gov/8523192>
7. Mesfioui, A., Math, F., Jmari, K., Hessni, A. E., Choulli, M. K., & Davrainville, J. (1998). Effects of Amphetamine and Phenylethylamine on Catecholamine Release in the Glomerular Layer of the Rat Olfactory Bulb. *Neurosignals*, 7(4), 235-243; <https://pubmed.ncbi.nlm.nih.gov/9730583>
8. Zhang, N, et al; "Applications of Higenamine in pharmacology and medicine"; *Journal of Ethnopharmacology*; 2017 Jan 20; 196:242-252; <https://pubmed.ncbi.nlm.nih.gov/28007527>
9. Kelly, S. P., Gomez-Ramirez, M., Montesi, J. L., & Foxe, J. J. (2008). L-Theanine and Caffeine in Combination Affect Human Cognition as Evidenced by Oscillatory alpha-Band Activity and Attention Task Performance. *The Journal of Nutrition*, 138(8); <https://pubmed.ncbi.nlm.nih.gov/18641209>
10. Ansar H, Mazloom Z, Kazemi F, Hejazi N. Effect of alpha-lipoic acid on blood glucose, insulin resistance and glutathione peroxidase of type 2 diabetic patients. *Saudi Med J*. 2011;32(6):584-588; <https://pubmed.ncbi.nlm.nih.gov/21666939>

11. Kim MS, et al; Anti-obesity effects of alpha-lipoic acid mediated by suppression of hypothalamic AMP-activated protein kinase . *Nat Med*; 2004; <https://pubmed.ncbi.nlm.nih.gov/15195087>
12. Cheng PY, et al; Reciprocal effects of α -lipoic acid on adenosine monophosphate-activated protein kinase activity in obesity induced by ovariectomy in rats . *Menopause*. (2011); <https://pubmed.ncbi.nlm.nih.gov/21505371>
13. Zheng, F., Yan, L., Yang, Z., Zhong, B., & Xie, W; *Diabetologia*; "HbA1c, diabetes and cognitive decline: the English Longitudinal Study of Ageing"; January 25, 2018; <https://link.springer.com/article/10.1007/s00125-017-4541-7>
14. Palacka, P, et al; "Complementary therapy in diabetic patients with chronic complications: a pilot study"; *Bratislavske lekarske listy*; 2010; 111(4):205-11; <https://pubmed.ncbi.nlm.nih.gov/20586147>
15. Ferraro L, et al. Evidence for an in vivo and in vitro modulation of endogenous cortical GABA release by alpha-glycerylphosphorylcholine. *Neurochem Res*. (1996); <https://pubmed.ncbi.nlm.nih.gov/8726961>
16. Chandrasekhar, K., Kapoor, J., & Anishetty, S. (2012). A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of Ashwagandha root in reducing stress and anxiety in adults. *Indian Journal of Psychological Medicine*, 34(3), 255; <https://pubmed.ncbi.nlm.nih.gov/23439798>
17. Peters, A., & Kubera, B. (2010). Faculty of 1000 evaluation for Low calorie dieting increases cortisol. *F1000 – Post-publication Peer Review of the Biomedical Literature*; <https://pubmed.ncbi.nlm.nih.gov/20368473>
18. Kataoka-Kato A., et al.; *Journal of Pharmacological Sciences*; "Enhanced learning of normal adult rodents by repeated oral administration of soybean transphosphatidylated phosphatidylserine;" July 2005; <https://pubmed.ncbi.nlm.nih.gov/16006737>
19. Baumeister J, Barthel T, Geiss KR, and Weiss M; "Influence of phosphatidylserine on cognitive performance and cortical activity after induced stress"; <https://pubmed.ncbi.nlm.nih.gov/18616866>
20. Pandit, S., Biswas, S., Jana, U., De, R. K., Mukhopadhyay, S. C. and Biswas, T. K. (2016), Clinical evaluation of purified Shilajit on testosterone levels in healthy volunteers. *Andrologia*, 48: 570–575; <https://onlinelibrary.wiley.com/doi/full/10.1111/and.12482>
21. Mirza MA, Ahmad N, Agarwal SP, Mahmood D, Khalid Anwer M, Iqbal Z. Comparative evaluation of humic substances in oral drug delivery. *Results in Pharma Sciences*. 2011;1(1):16-26; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4210272/>
22. Das Amitava, Datta Soma, Rhea Brian, Sinha Mithun, Veeraragavan Muruganandam, Gordillo Gayle, and Roy Sashwati. The Human Skeletal Muscle Transcriptome in Response to Oral Shilajit Supplementation. *Journal of Medicinal Food*. July 2016, 19(7): 701-709; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4948208/>
23. Reay JL, Scholey AB, Kennedy DO; Panax ginseng (G115) improves aspects of working memory performance and subjective ratings of calmness in healthy young adults. *Hum Psychopharmacol*. (2010); <https://pubmed.ncbi.nlm.nih.gov/20737519>
24. Reay JL, Kennedy DO, Scholey AB; Single doses of Panax ginseng (G115) reduce blood glucose levels and improve cognitive performance during sustained mental activity. *J Psychopharmacol*. (2005); <https://pubmed.ncbi.nlm.nih.gov/15982990>