

RedCon1 Mental Trigger Brings the BRAIN Gains

written by Mike Roberto | October 12, 2016



Gamers and “spreadsheet athletes” listen up, RedCon1 has released the ultimate “brain gains” supplement in **Mental Trigger**.

The past couple of years, there has been a marked increase in the number of **productivity supplements** hitting the market over the past year. It’s common to strive for gains in the gym, but isn’t as conventional to try to make *brain gains*.

Yet the brain is the most powerful “muscle” in the body – it’s the ultimate driver that enables us to push past our physical limits to reach unheard of levels of success. So why not go *all out* during our most productive parts of the day

So if we’re going to supplement to enhance physical work capacity, why not *mental* work capacity?

We've previously covered a number of products from newcomer **RedCon1** (short for "Readiness Condition 1") including Total War (stim pre workout) and Big Noise (non-stim pump and focus pre workout), and today we're back with the brand's brain boosting supplement **Mental Trigger**.

We've got the breakdown below, but before we get there, take a moment to check the best deal and sign up for PricePLOW alerts:

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Mental Trigger Ingredients

Mental Trigger isn't pulling any punches in the focus and energy department as it comes right out with a good dose of caffeine (250mg/per serving) and some of the most potent nootropics on the market. It's capsule-based, which makes it incredibly easy to adjust dosing based on your desired need for a serious mental kick in the pants.

Note: Doses listed below are based on one full serving (two capsules).

- **Caffeine Anhydrous (250mg)**

MENTAL TRIGGER

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%D.V.
Caffeine Anhydrous	250mg	**
Hesperidin 92% (Citrus Sinensis [peel])	100mg	**
Teacrine ® (Theacrine)	50mg	**
Mucuna Pruriens (60% L-dopa)	35mg	**
Alpha GPC (90%)	30mg	**
Noopept	20mg	**
BioPerine ® black pepper fruit extract	5mg	**

**Daily Value (DV) Not Established

Mental trigger combines a powerful boost of energy from caffeine along with a healthy helping of nootropics to bring unlimited focus.

RedCon1 isn't messing around here, and immediately pulls the *trigger* on instant energy and focus with a whopping dose of caffeine, to the tune of **250mg per serving**. Caffeine is great for just about everything in life, and focus, alertness, and motivation are just a few of the many advantages to using this powerful ingredient prior to any intense study or work session.

250mg seem like a bit too much for you? Don't worry, each capsule only contains 125mg, so you can feel free to start with a $\frac{1}{2}$ dose and see how you respond, then gradually work your way to a full serving should the need arise.

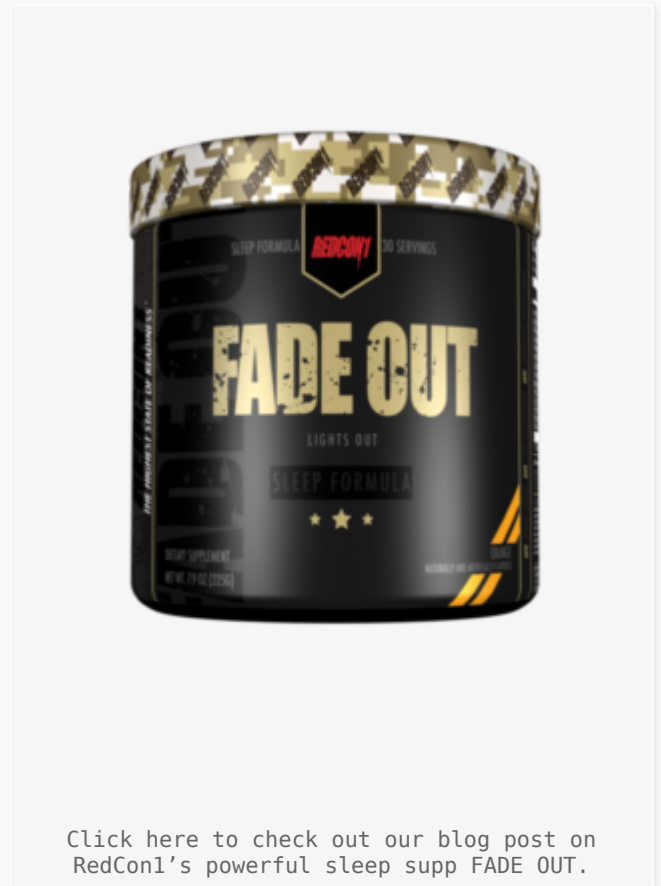
• Hesperidin 92% (100mg)

Found in the *Citrus Sinensis* peel, Hesperidin is a unique type of sugar found in citrus fruits, grapefruit and orange in particular. It's well known its potent disease fighting abilities and proven through various clinical studies to exhibit antibacterial, antiviral, and antifungal properties in addition to a remarkable ability to inhibit the spread of certain cancer cells and diabetes.[1,2,3]

None of that is really beneficial for a mental productivity supplement, so why exactly is this special sugar included?!

Well, as it turns out, **hesperidin also helps preserve brain function** as it's been document to attenuate memory loss and prevent oxidative damage in the brain (which leads to cognitive decline).[4,5] As we've all experienced, in times of stress or pressure, memory can get a little hazy, and any insurance we can get towards enhancing our memory is a welcome benefit!

- **TeaCrine (50mg)**



Whereas caffeine anhydrous gives us the immediate boost in energy we need to get mentally up and running, theacrine can be considered caffeine's long-lasting counterpart.

TeaCrine is the patented version of theacrine made by Compound Solutions that contains a 98% concentrated dose of theacrine. Theacrine is very similar to caffeine and possesses many of the same benefits; however, the big difference between the two is that theacrine doesn't come with a tolerance build up like caffeine.[6]

Basically, you don't need to continually up the theacrine dose to keep feeling the same effects. Additionally, theacrine reduces oxidative stress in the body when used for at least seven days consecutively [7] and increases dopamine levels in the brain, much like caffeine.[8]

- **Mucuna Pruriens (50mg)**

Mucuna Pruriens (a.k.a. Velvet Bean) is an ingredient often standardized for its L-Dopa content. Standardizations range in quality from high to low, and RedCon1's Mucuna extract standardization falls on the upper end of that spectrum at 60% L-Dopa.

In case you weren't away, L-Dopa is a precursor to dopamine and when supplemented has been shown to stimulate dopamine production in the body. This often results in markedly less stress and a significantly better mood[9], all of which helps concentration and mental performance.

Other fringe benefits of this extract include elevated growth hormone levels, decreased cortisol, and optimized testosterone levels[10,11], again all great things that come as a side dish to the main mood elevating effects of Mucuna Pruriens!

- **Alpha GPC 90% (30mg) – supplying 27mg actual Alpha GPC**



Male or female, it doesn't matter. RedCon1 helps you crush it over and over again in the weight room, just like Cass Martin

You didn't really think you'd make it all the way through a mental productivity supplement without at least one form of choline booster, did you?

Don't worry, RedCon1 has included the premier form of choline in Alpha GPC as its sole choline-enhancing ingredient. Similar to Choline Bitartrate, but way more bioavailable, Alpha GPC is another choline-containing compound that increases production of acetylcholine, a.k.a. the "learning neurotransmitter." [12]

We absolutely love this ingredient for a myriad of reasons. Aside from its focus-enhancing properties, Alpha GPC also greatly improves focus, "mind muscle connection" during workouts, power, endurance, and even post-workout Growth Hormone (GH) output! [13,14]

In short, this stuff is pretty freakin' phenomenal, but the dose here (27mg

due to the Alpha GPC 90% grade used here) is far less than what we see in powdered supplements like BIG NOISE. There's simply not enough room in capsules for a massive dose alongside everything else... so we're not sure if you'll be feeling this one. But it could be just enough to assist the next ingredient, which you *will* be feeling:

- **Noopept (20mg)**

Note: This has been removed from newer formulas. This post is slated for update.

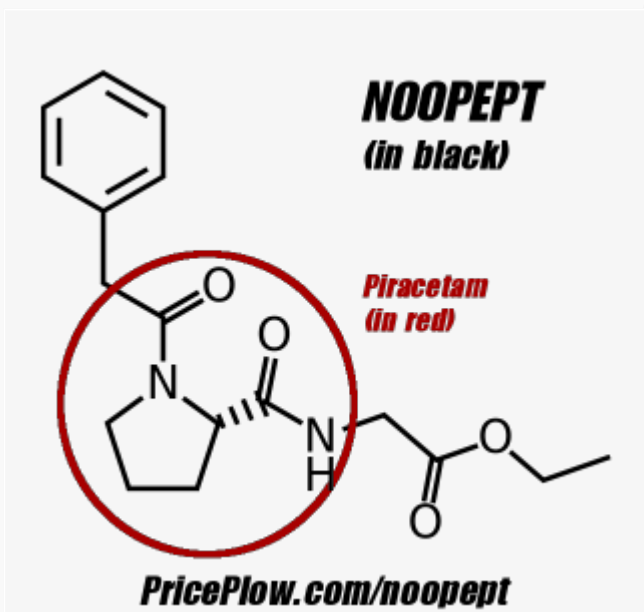
Hesperidin was the newbie to nootropics, but this here is the *real* kicker in Mental Trigger.

Noopept, or *N-phenylacetyl-L-prolylglycine*, is a one hell of a mighty potent nootropic. It's a proline-containing dipeptide that is an amino acid analogue. Clinical research has documented its ability to sensitize acetylcholine receptors to amplify their function.[15]

Additionally, Noopept has the rather unique ability to bind to the NMDA glutamatergic receptors, which assist with something referred to as "long term potentiation" (LTP).[16] Without getting into the thick of things, LTP is a mechanism by which stable, long-lasting memories are formed within the human brain. As a side note, LTP is one of the reasons some memories last longer than others.

For more information, as well as an in-depth explanation of the science behind this incredible nootropic, read our guide titled **Noopept: Enhancing the Smart Within**.

- **BioPerine (5mg)**



Noopept is one of the most potent nootropics you can use, just make sure to pair it with a source of choline to avoid brain fog.

BioPerine is the premier black pepper extract used throughout the sports nutrition industry for enhancing nutrient absorption and bioavailability. In the body, BioPerine prolongs the activity of the active compounds in the body by preventing their premature breakdown in the stomach[17], which ultimately ensures the body makes the most every last gram of brain-boosting goodness..

It's also important to state that piperine, the compound that gives black pepper its "pop", can increase epinephrine (adrenaline) levels, which has been shown in clinical trials to positively affect adrenaline levels resulting in elevated energy and drive.[18]

Dosing

Consume 2 capsules prior to any sort of work or exercise requiring enhanced mental fortitude and concentration and be ready to dominate any task.

If you're concerned that 250mg caffeine is too much at once, take one capsule and then take another one a few hours later.

Takeaway



RedCon1 is ready to unleash a storm on the supplement world. Are you ready?!

Gamers and "Spreadsheet Athletes", get ready!

RedCon1 is clearly a *focus-based brand* – it's right there in their name, which

means *the highest state of readiness*. So one could consider this one of their most important products to knock out of the park.

We've all faced those days when it's hard to get moving or sit down long enough to put in a productive study / work session. Sometimes, you're just not "feeling" it and need all the help you can get to even crack open the book.

Mental Trigger is the cognitive support product you've been looking for that not only gives you the boost to get going, but packs in enough nootropics to keep you on point for hours to come! Pop 2 caps the next time you're facing a serious case of brain fog, and kiss inactivity and procrastination goodbye!

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