



# “Smart Drugs”

College & High School Students  
Be Aware  
Your Brain is Developing!



Tests Papers Exams  
Performances Projects  
Mid-Terms Finals



✓ So much work  
✓ So little time  
✓ So little sleep  
✓ Too much stress  
Help!  
What to do?

“Smart Drugs” ?

- ✓ “Smart Drugs”?
- ✓ Cognitive Enhancers?
- ✓ Performance Enhancers?
- ✓ Nootropics?
- ✓ Cognitive Stimulant?



These are medicine prescribed by doctors, or just supplements, so they must be safe right?

Well lets see...

## Take Them Today

- ✓ Feel better with less sleep
- ✓ Be more productive
- ✓ Do better on tests



## But Later

- ✓ Unknown brain development effects - teen brains are not developed until mid-late 20's

## Depending On

- ✓ Your age
- ✓ Dosage
- ✓ Type of drug
- ✓ Duration
- ✓ Frequency of use



## Effects can include:

- ✓ Memory problems
- ✓ Emotional & behavioral problems
- ✓ Dependency
- ✓ Sleep problems
- ✓ Inability to concentrate & organize tasks
- ✓ Fatigue ✓ Irritability ✓ Depression

What to do?  
You still have:

- ✓ Tests
- ✓ Mid-Terms
- ✓ Performances
- ✓ Projects
- ✓ Papers
- ✓ Exams

And only have:

So much time for homework and sleep

Try this!  
It works & is free!

Do This Instead

## What?

Regularly do what you enjoy most:

- ✓ Tennis ✓ Running
- ✓ Squash ✓ Walking
- ✓ Dancing ✓ Swimming
- ✓ Biking ✓ Stair climbing
- ✓ Etc.

## When & how much?

At least 30-minutes of moderate physical activity every other day

## How does this help?

- ✓ Improves memory & thinking
- ✓ Stimulates brain cells
- ✓ Improves mood & sleep
- ✓ Reduces stress & anxiety

## Also...

- ✓ Eat more fruit, vegetables & nuts. Decrease fats, salt & sweets.
- ✓ Go to sleep at same time nightly
- ✓ Have a regular study time



Visit “Parent Central” at [www.proconersafety.com](http://www.proconersafety.com)

