

First full workout on modafinil. So important detail: I haven't gone to the gym in 3 weeks, I went on a 2 week hiking trek at high altitudes and haven't exercised at all for one week since I got back. Took 200mg 15-20min before a mid-morning workout and it was very productive, appropriate intensity, and I felt accomplished.



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**modafinil oral: Uses, Side Effects, Interactions, Pictures . - WebMD**



Make your Workout Experience Worth It with Modafinil - modelonamissionmodelonamission About Contact 7 Best Self-tanners to get a natural sun-kissed glow Self-tanning is a time-consuming process until you can get access to the most effective self-tanning lotions ever. With this in mind, we've selected the... Share this:

## Practical Use and Risk of Modafinil, a Novel Waking Drug

### Brief Review

Environmental Health and Toxicology  
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## Practical Use and Risk of Modafinil, a Novel Waking Drug

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**Objectives:** Modafinil is a waking drug prescribed to narcolepsy patients, but its usage among healthy individuals is increasing to enhance their alertness or to mitigate fatigue. This study was conducted to investigate practical use and toxic effects on neuro-immune interaction of modafinil.

**Methods:** This study reviewed the significance of psychoactive drugs, and discussed the benefits and risks of the application of modafinil, which seems to be ideal as an anti-psychotic or anti-fatigue agent.

**Results:** Modafinil is known to have less or no adverse effects than those found in traditional psychostimulants such as amphetamine, methylphenidate or cocaine. It can be applied as an anti-psychotic or anti-fatigue agent. However, the waking mechanism of modafinil is yet to be fully revealed. Recent studies reported that modafinil may be subject to abuse and addiction. In addition prolonged sleeplessness induces stress responses and impairs immune function.

**Conclusions:** Modafinil can be used by anyone, who wishes to work late, stay awake, enhance their cognitive reactions, or brighten their moods. Users may already be under a great level of stress, i.e. cancer patients or soldiers in a battle field. A psychoneuroimmunological approach is thus needed to investigate the multi-functional effects of modafinil.

**Key words:** Alertness, Central stimulants, Fatigue, Modafinil, Stress

### INTRODUCTION

Modafinil (2-[(diphenylmethyl) sulfinyl] acetamide) is an exclusive psychostimulant with a waking effect, and is a special medicine that can only be prescribed to shift workers and patients suffering from narcolepsy or sleep apnea (Figure 1)[1,2]. Modafinil has been commercialized as a waking drug in 2003 [3]. The normal half-life of modafinil in humans is between 12 to 15 hours [4]. Modafinil consists of R-enantiomer and S-enantiomer as a racemic compound, and the waking effect of R-enantiomer has a longer duration. Moreover, Armodafinil, which is a R-enantiomer, was commercialized as a waking drug [5,6]. Pharmacological profile is notably different from the traditional psychostimulants, such as amphetamines, cocaine or methylphenidate. Modafinil is less related to side effects such as excess locomotor activities, anxiety, jitteriness, or rebound effects than the traditional stimulants [7]. It not only has a waking effect but is also known for its mood-brightening and memory-enhancing effects. Modafinil has also been tried on disease-related fatigue, attention-deficit disorder, Alzheimer's disease, age-related memory decline, depression, idiopathic hypersomnia, cognitive impairment in schizophrenia, myotonic dystrophy, post-anaesthesia grogginess, everyday cat-napping, and jet-lag treatment [2,

8-12].

Modafinil is also of a high interest to the US military for enhancing alertness and reducing battle fatigue [8,13,14]. Availability of modafinil as a lifestyle drug is increasing, namely as a non-prescription medicine for healthy people. More students or hard-working professionals will use it for a late night's work, if it can easily be purchased. In fact, it is sold illegally in on-line shopping sites. Modafinil is distinct from other psychostimulants in that it does not seem to accompany any side effects, and this might encourage healthy people to use it whenever they want to. However, prolonged sleeplessness induces stress responses and impairs immune functions [15]. Sleep-deprivation translocates microbes from the gut to blood streams [16]. Animals observed in sleep-deprivation experiments eventually became victims of a massive bacterial infection in the blood.

The purpose of this review is to introduce practical

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Modafinil's impact on exercises have been praised by some. They discover that when working out, this smart medicine improves their attention, endurance, and mind-body connection. These folks seem to be right for the most part. Modafinil has been proven to lessen the sense of muscular weariness, among other things [15].

## Exercising on modafinil and cold showers : r/modafinil - Reddit



With modafinil being an extremely effective nootropic, able to focus the brain like a laser, it's not surprising that it is being picked up on by many gym users, who are using it as pre-workout to give them the focus to produce killer workouts. So, is working out on this nootropic a good idea? Let's consider the pros and cons. Modafinil Pros

## Modafinil as Pre-workout Nootropic for gym Rats- Facts & Myths



For narcolepsy or obstructive sleep apnea/hypopnea syndrome: Adults and teenagers 17 years of age and older—200 milligrams (mg) once a day, in the morning. Your doctor may increase your dose as needed. Teenagers and children younger than 17 years of age—Use and dose must be determined by your doctor. For shift work sleep disorder:

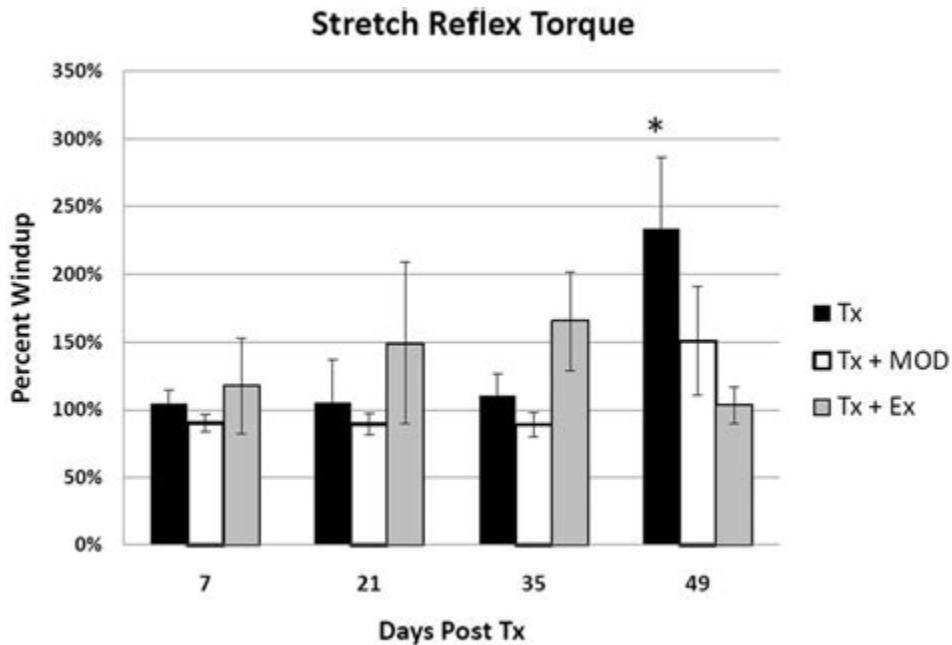


## Modafinil and Working Out | A-Z Guide



Side Effects. Headache, nausea, nervousness, dizziness, or difficulty sleeping may occur. If any of these effects last or get worse, tell your doctor or pharmacist promptly. Remember that this .

### Effects of acute modafinil ingestion on exercise time to . - PubMed



Stop using modafinil and call your doctor at once if you have: depression, anxiety, suicidal thoughts or actions; hallucinations, unusual thoughts or behavior, aggression, being more active or talkative than usual; chest pain, trouble breathing, uneven heart beats; or the first sign of any skin rash, no matter how

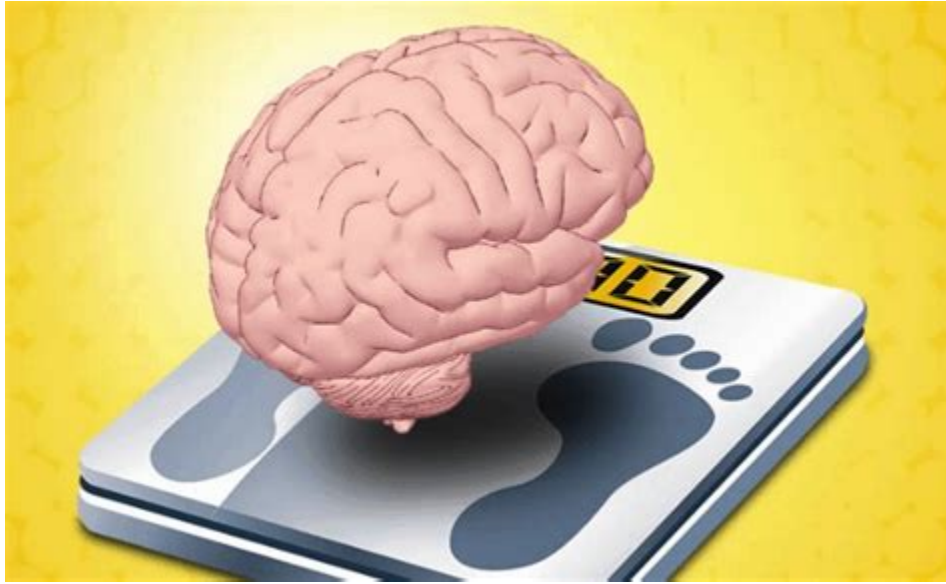
minor you think it might be.

## How Much Does Modafinil Cost? Most Affordable Pharmacies Listed - MSN



Evan uses it to work and to work out. He takes 50mg of modafinil every morning, five or six days a week. At work, he benefits from the improved focus modafinil gives him. At the gym, he feels less tired and says he can achieve a state of zen-like concentration - one that can really help him lean into the dull repetition of bicep curls and .

## Modafinil and Working out | Underground Body Building Forum



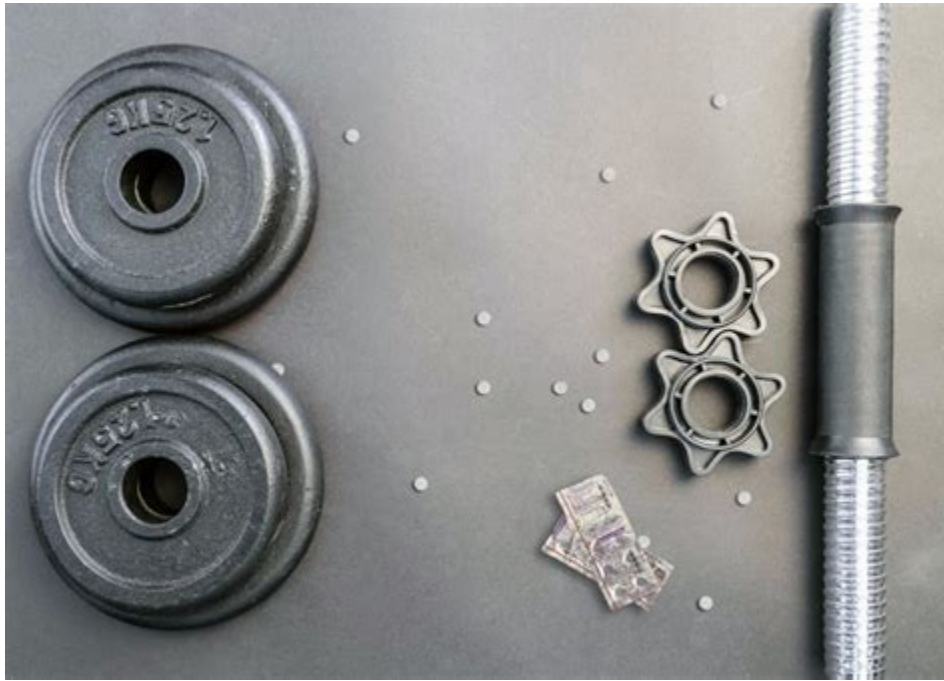
Acute ingestion of modafinil prolonged exercise time to exhaustion at 85% VO<sub>2</sub>max and reduced RPE. The RPE results suggest that the dampening of the sensation of fatigue was likely a factor responsible for the enhanced performance. Controlled Clinical Trial Benzhydryl Compounds / administration & dosage\*

### Modafinil+Exercise = God mode! : r/modafinil - Reddit



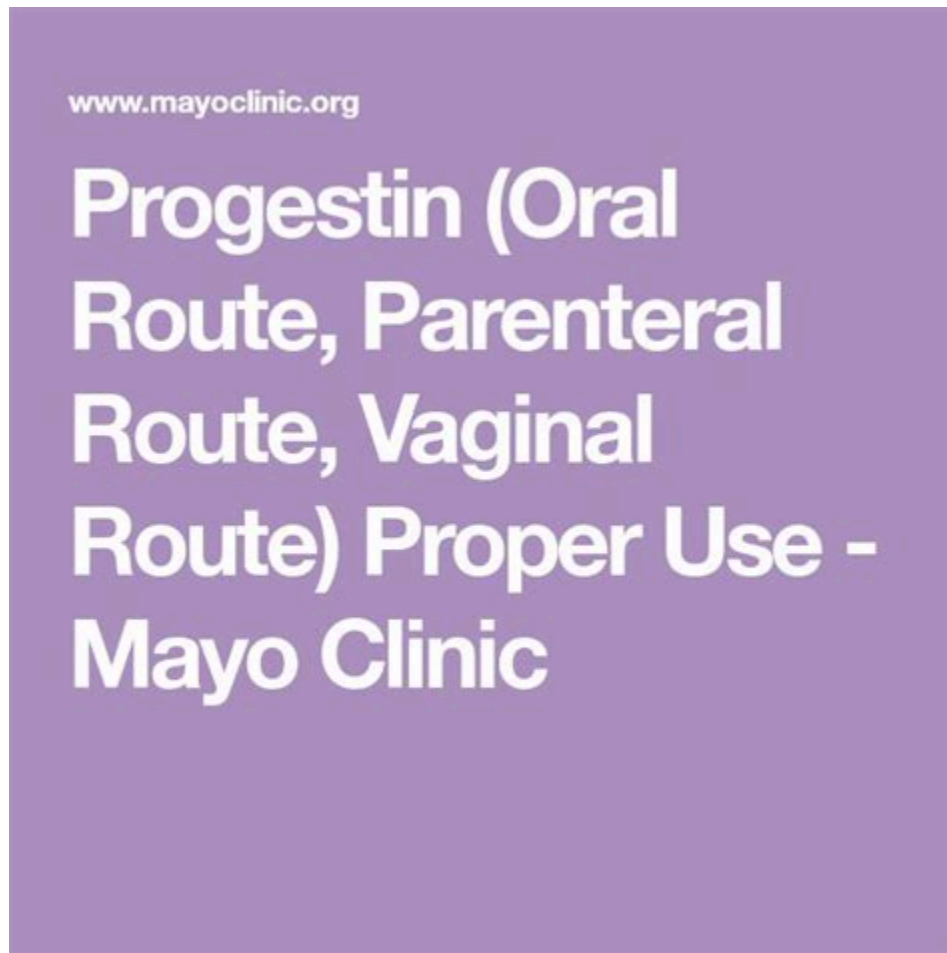
When prescribed for MS-related fatigue management, modafinil works by promoting wakefulness and increasing alertness without causing drowsiness or disrupting nighttime sleep.

## Meet the modafinil gym bros - The Face



Modafinil is used to treat excessive sleepiness caused by narcolepsy (a condition that causes excessive daytime sleepiness) or shift work sleep disorder (sleepiness during scheduled waking hours and difficulty falling asleep or staying asleep during scheduled sleeping hours in people who work at night or on rotating shifts).

## Modafinil (Oral Route) Proper Use - Mayo Clinic



Using Modafinil for Gym Workouts I've been a modafinil user for a while now, mainly using for work. However, I recently started taking it before my gym workouts, and I've noticed a significant boost in my energy levels, motivation, and overall performance.

## Modafinil - Wikipedia





45 45 comments Best TheFlightlessDragon • 4 yr. ago With modafinil/armodafinil my focus is like a laser, total tunnel vision Which works when I'm working on my book, or creating YouTube videos and such Never tried it before working out, but that sounds promising

### Using Modafinil for Gym Workouts : r/ModafinilHQ - Reddit



1 May 5, 2023 #1 Let us check out some other benefits of Modafinil for bodybuilders: Boost concentration - A clever medicine used to increase focus is called modafinil. It has been proven to be successful in both ADHD sufferers and healthy people. The way that modafinil functions by increasing the brain's dopamine levels.

### Modafinil, preworkout and gym? : r/modafinil - Reddit



Working out on Modafinil can improve your mind-muscle connection, reduce fatigue, and improve focus and your workout regimen adherence. Modafinil bodybuilding further helps achieve better muscle growth and strength. Working out on Modafinil sounds interesting, doesn't it?

## How to Take Modafinil: Tips and Tricks • IJEST



Exercising on modafinil and cold showers Has anybody ever tried exercising while on modafinil (especially running)? Also cold showers while on modafinil?

## Modafinil Benefits | 13 Reasons to Try the Nootropic

improves energy levels, clarity of thought, memory, and focus, and in some cases puts you in a positive and euphoric state of mind, gradually increasing mood and productivity as the drug continues to work.

Modafinil is an interesting nootropic drug in that **unlike harsh amphetamines such as Adderall or Ritalin, with Modafinil, you can feel it working better once you get started on a task, whether a work or school project, a creative task, or studying for exams.**

In short, **modafinil helps you get stuff done.** For this reason, it is one of the most popular nootropics (probably second to caffeine). If you are interested, we have a complete guide where you can [compare modafinil vendors](#) and [buy modafinil right now for a 20-33% discount.](#)

### Side Effects

Now that I've made it clear that modafinil has some incredible benefits, it is important to consider the potential side effects. This is important because, **while I believe that nearly everyone can benefit from modafinil, I do not endorse taking any supplement or drug without fully investigating both the positive and negative sides.**



Tomas Thorne Modafinil Last Updated: February 2, 2023 Modafinil and working out is an interesting experiment that only the most avid smart drug user would conjure up. Modafinil's cognition-enhancing properties have been conclusively demonstrated in the scientific literature and the hundreds of testimonials from biohacking enthusiasts.

## Modafinil For Exercise And Sports Performance



In the United States, modafinil is FDA-approved for the treatment of the following in adults: narcolepsy, sleep work shift disorder, and obstructive sleep apnea (adjunct to continuous positive airway pressure (CPAP)). It also has several off-label indications.

### Modafinil: MedlinePlus Drug Information



INTRODUCTION. Modafinil (2-[(diphenylmethyl) sulfinyl] acetamide) is an exclusive psychostimulant with a waking effect, and is a special medicine that can only be prescribed to shift workers and patients suffering from narcolepsy or sleep apnea (Figure 1)[1,2]. Modafinil has been commercialized as a waking drug in 2003 []. The normal half-life of modafinil in humans is between 12 to 15 hours [].



## First full workout on modafinil : r/modafinil - Reddit




200mg Provigil prices can exceed the generic modafinil cost as much as 16. 83 times. A 30-day supply of Provigil in 200 mg strength can be priced as high as \$1,224. 46 at Capsule Pharmacy. A 30-day .

## Modafinil Uses, Side Effects & Warnings - Drugs

# What Modafinil Is

## And How It Exerts Its Effects



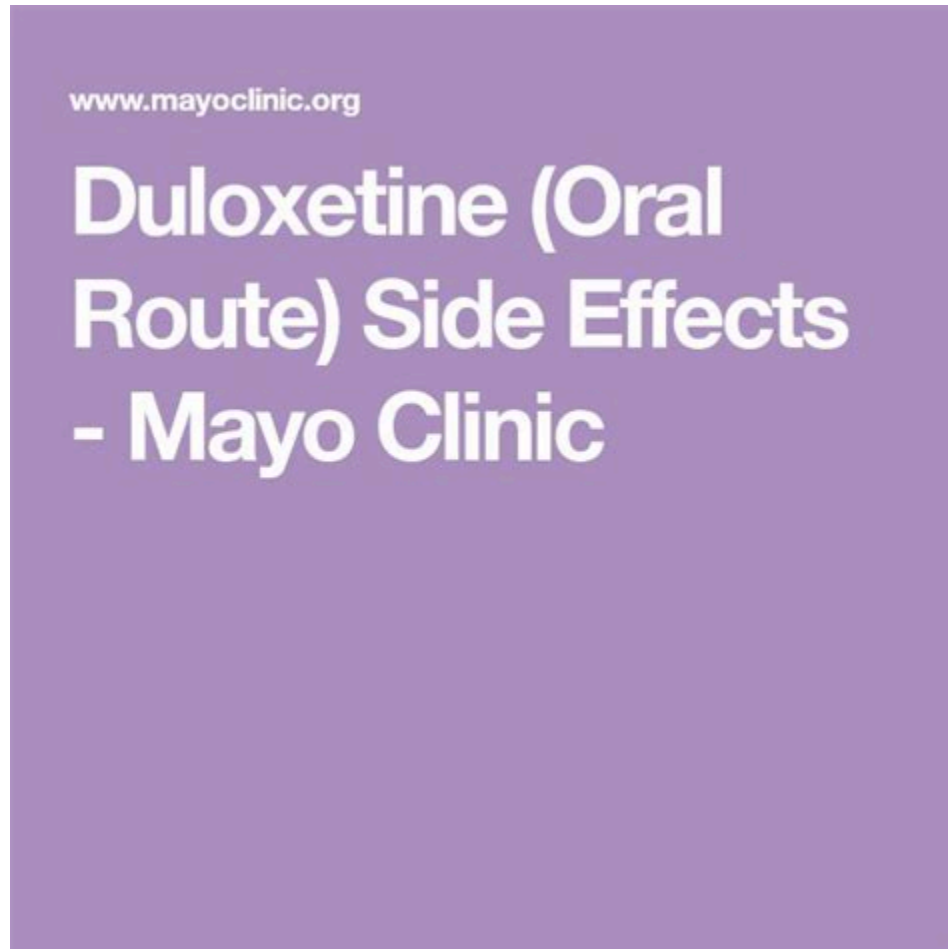
- Modafinil is a eugeroic or **wakefulness-promoting agent** for treating daytime sleepiness associated with sleep disorders.
- Unlike amphetamines, **modafinil has fewer peripheral side effects**. It also has fewer side effects compared to traditional stimulants.
- It **activates the release of orexin neuropeptides and histamine** from the tuberomammillary nucleus and lateral hypothalamus to induce its arousal-enhancing property.
- It also **stimulates other neurochemical systems** like GABA, glutamate, serotonin, dopamine, and norepinephrine.
- It also **upregulates energy metabolism** via metabolic-activating effects, for example, it increases the energetic pool of phosphocreatine in the cortex.

**References:**

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Combining Modafinil and Caffeine has generally been a bad idea in my experience. Combining stimulants may often give the opposite effect and make you tired or give brain fog. Try Modafinil and Alpha-GPC if you need an extra boost in the gym! throwaway2daybae • 3 yr. ago. Modafinil x pump preworkout (stim free)

## **Modafinil (Oral Route) Side Effects - Mayo Clinic**



What is Modafinil used for? Doctors currently prescribe Modafinil for fighting fatigue in individuals with sleep disorders, like [ 2 ]: Narcolepsy [ 3] Obstructive sleep apnea [ 4] Shift work sleep disorder [ 5]

## Make your Workout Experience Worth It with Modafinil



The standard dose of Modafinil approved by the FDA is 200 mg. Individuals taking Modafinil to improve their performance in the gym and in the field of sports should keep the following things in mind. Take your Modafinil dose 30 to 120 minutes before indulging in sports or workouts. Ensure to have a light, nutritious meal with the nootropic.

### Working out on Modafinil - Pros & Cons - Garage Gym Ideas



Descriptions Modafinil is used to help people who have narcolepsy, obstructive sleep apnea/hypopnea syndrome (OSAHS), or shift work sleep disorder (SWSD) to stay awake during the day. Modafinil does not cure these conditions and will only work as long as you continue to take it. This medicine is available only with your doctor's prescription.

- <https://blog.libero.it/wp/roadqween/wp-content/uploads/sites/87767/2023/12/Danabol-Cure-Dosage.pdf>

- <https://publiclab.org/notes/print/45112>
- <https://groups.google.com/g/aasreview/c/Gr4JHsdYGqs>