

This is a complete guide and review of 9-Me-BC, also known as RECOG 9-MBC. This is a nootropic that is known to be one of the best for restoring dopamine sensitivity – probably the best thing to reverse tolerance to compounds and stimulants like Adderall.



In this guide / review you will find out everything that you should know about 9-Me-BC, including:

- What is 9-Me-BC and how does it work
- Is 9-Me-BC legal in my country
- What are the benefits and side effects of taking RECOG 9-MBC

We will answer all of these questions as well as go over other 9-Me-BC topics such as the half-life, dosage, the RECOG 9-MBC benefit of reducing tolerance from longterm stimulants, etc.

Before we begin, we need to emphasize a clear disclaimer. The information depicted in this article is purely for informational purposes only. You should consult your physician about medications and nutritional supplements. Please contact your healthcare professional before making any changes to your lifestyle.

With that being said, let's dive right in.

What is 9-Me-BC

RECOG 9-MBC or 9-Me-BC stands for [9-Methyl-beta-carboline](#) which basically means that it's a methylated derivative of the beta carboline.

Unlike most other similar meds, that wear off after just a few hours, this one delivers long-lasting, prolonged benefits. We will go over all of the 9-Me-BC benefits later in this article.

But what a lot of users are interested in is RECOG 9-MBCs incredible ability to restore dopamine sensitivity. More on that later.

It's a smart drug. These are chemicals that have a positive effect on our mental skills – cognition.

Generally, regog fall into one of these three categories:

- Dietary supplement
- Synthetic substances
- Prescription drugs

RECOG 9-MBC falls into the category of **dietary supplement nootropics**.

Is RECOG 9-MBC legal

9-Me-BC is **legal** just like most other similar meds. The legality is the same everywhere in the world, so as of 2020, RECOG 9-MBC is **legal** in every country in the world.

It's classified and sold as a dietary supplement, which is regulated the same as foods. Foods are legally assumed “innocent” (i.e., safe) until proven guilty, so to speak.

To summarize, RECOG 9-MBC is legal in every country in the world as of 2020. Anybody can legally buy and use 9-Me-BC.

RECOG 9-MBC mechanism of action

9-Me-BC works by stimulating neurons as well as promoting neuron growth. It's neuroprotective which means that it protects our brain and CNS (centra nervous system) from toxin-induced damages.

It has multiple mechanisms of action:

- Interacting with the **tyrosine hydroxylase pathway** of dopamine synthesis
- RECOG 9-MBC is an inhibitor of the monoamine oxidase A and B (**MAOA and MAOB**)
- It Increases the level of dopamine by **preventing dopamine breakdown**



RECOG 9-MBC is also very dopaminergic. This essentially means that it increases the dopamine-related activity in the brain. Some users enjoy this because it helps them regenerate »dead« dopaminergic neurons. In other words, some users use 9-Me-BC to help them recover from stimulant abuse.

As we said, 9-Me-BC has neuron stimulating properties. Because of this, it can improve our cognitive functions. This is also the reason why this compound falls into the category of nootropics. Not only that, but 9MBC also promotes the growth of new neurons which leads to enhanced learning and memory.

9-Me-BC also increases the efficiency of the respiratory chain. This can lead to potential cognitive benefits as well as an enhanced athletic performance.

To summarize, 9MBC is a very well rounded and effective. It's probably one of the most well-rounded meds that are currently available on the market. This is especially because of the fact that unlike the majority of the nootropics, 9-Me-BC delivers long-lasting benefits that don't wear off in a few hours but last throughout the whole day. The main reason for this is, of course, its half-life. More on that later

Benefits

The 9-Me-BC benefits are:

- Decreased inflammation
- Increased libido
- Significantly improved cognitive function, memory and motivation
- Significant restorative effects on the dopamine system
- Increased euphoria and orgasm strength by suppressing prolactin
- Increased dopamine synthesis

Let's go over the major RECOG 9-MBC benefits and explain what exactly causes them.

Decreased inflammation

9-Me-BC decreases toxic inflammation in the brain.

It does this by decreasing the inflammatory cytokines which are known to disrupt cognitive function through microglial accumulation.

So basically, not only does RECOG 9-MBC decrease inflammation in the brain with the help of decreasing cytokines but it also indirectly improves cognitive function because of it.

Increased libido

A lot of 9-Me-BC users report a significant increase in libido. But why is that?

9-Me-BC is a very **dopaminergic** nootropic. Dopaminergics are notorious for increasing libido. This happens because dopaminergics increased dopamine related activity in the brain. Increased dopamine or dopamine activity is directly [correlated](#) with libido.

To summarize, RECOG 9-MBC is dopaminergic and because of that it increases the dopamine related activity in the brain. Increased dopamine activity is directly correlated with an increase in libido.

Cognition, memory, motivation

As we said, 9-Me-BC has neuron stimulating properties

Because of this, it can improve our cognitive functions. Not only that, but 9MBC also promotes the growth of new neurons which leads to enhanced learning and memory.

RECOG 9-MBC also improves cognitive functions by increasing the ATP synthesis. This is also the reason why users experience a significant boost in motivation and focus.

Side effects

The possible 9-Me-BC side effects are:

- Photo-sensitivity, you should try to avoid excessive sun exposure when under the influence of RECOG 9-MBC.
- Dopamine neurotoxicity with quantities over the maximum recommended dosages.

In other words, you shouldn't use this nootropic when you want to spend a lot of time on the sun without using sunscreen.

When it comes to the dopamine neurotoxicity, it's only a concern if you go over the recommended dosages. If you stick to normal dosages, you should almost certainly be fine.

There are also other possible side effects such as nausea and headaches but these are quite rare and only occur if you take high dosages or if you are very, very sensitive to this nootropic.

Half-Life

There isn't a lot of information available online about the 9-Me-BC half-life. The information that we do have about its half-life is contradictive. Basically, the RECOG 9-MBC half-life isn't completely clear.

We can confidently assume, however, that 9-Me-BC has a half-life of somewhere around 15-24 hours. Considering the fact that most users take RECOG 9-MBC once every 24 hours, we can safely say that 9-Me-BC has a half-life of around 24 hours.

Because of the half-life, you should take RECOG 9-MBC no more than once every 24 hours.

This is actually one of the reasons why 9-Me-BC is getting a lot of popularity. The long, 24 hour half-life makes this nootropic so convenient because users only need to take it once and it will last throughout the whole day. Most other nootropics only last for a few hours, GTS-21 would be a good example of just that.

Dosage

The recommended 9-Me-BC dosage is anywhere between 15-30mg a day. Most users experience great benefits at these dosages.

I recommend that you start off with a 10mg dosage and work your way up to see what works best for you.

For some people, that might be 15mg and for others, it might be 30mg of RECOG 9-MBC a day.

How safe is 9-Me-BC

There has been [9-Me-BC study](#) done that followed the pharmacological treatment of this nootropic for 10 days.

This study showed that 10 day RECOG 9-MBC cycles are completely safe.

It's worth noting, however, that we currently don't have any RECOG 9-MBC studies that follow this compound for a longer period of time.

Because of this, it's best to take frequent breaks from this compound.

Make sure to talk to your doctor if you are considering using 9-Me-BC, or any similar compound, for long periods of time.

Using 9-Me-BC to reduce stimulant tolerance

9-Methyl- β -carboline shows a lot of promise for recovery of the dopaminergic system (more so than BPC-157) since it regenerates dead dopaminergic neurons.

A lot of RECOG 9-MBC users report that this compound was extremely effective for post-stimulant recovery. In other words, it will help you reduce the built up tolerance for most substances

9-Me-BC reviews from real users

Let's go over some experiences that real users had with this nootropic:

»It has provided me with a significant boost in motivation. I am a lot more interested in my work and life in general. I have started online courses to earn a couple of certificates and finally started learning another language, something I always wanted to do.«

Conclusion

In conclusion, RECOG 9-MBC is a great Nootropic with very long-lasting benefits. It can only be dosed once a day (in the morning) and its benefits will last throughout the whole day.

The major benefits of 9-Me-BC are enhanced learning and memory as well as an increased motivation. There are also other benefits such as an increased athletic performance, better mood, etc.

A lot of users love the fact that RECOG 9-MBC is very dopaminergic. Because of this, it helps a lot when users try to reduce the tolerance of some stimulants that they (over)used.