

**Recommended Use:** As a dietary supplement, for the first fourteen (14) days take two (2) capsules in the morning and two in the afternoon, between meals. Thereafter, take one (1) capsule in the morning and one in the afternoon, or higher doses as directed by a physician.

GPC or GlycerophosphoCholine (pronounced gli-sero-fos-fo-ko-lean) is an orthomolecular nutritional important for cell-level homeostasis, tissue growth and renewal, organ vitality, and mind-body integration. GPC provides unique osmoprotection against toxic buildup inside cells. GPC supports metabolic efficiency: enzymes combine GPC specifically with the omega-3 fatty acid DHA to create phospholipids essential to cell membranes. GPC is also a highly bioavailable source for both the essential nutrient choline and the ubiquitous chemical transmitter acetylcholine. Double-blind clinical research has confirmed GPC boosts attention in healthy youth and counters cognitive decline in middle age. In old age GPC helps repair brain damage, revitalize growth hormone, and enable brain-body integration. GPC supports male fertility and is an important functional constituent of human breast milk. Keep this and all nutritional supplements out of the reach of children.

Store in a cool-dry place with the cap tightly sealed. Strict quality control is maintained during each step of formulation. Not to be used by pregnant or nursing mothers unless directed by a physician.

**WE USE USP/NF MATERIALS WHERE AVAILABLE.**

Formulated by Parris M. Kidd, PhD especially for:

**AMERICAN BIOLOGICS**  
Chula Vista, CA 91911



**AMERICAN  
BIOLOGICS**

**GPC**  
(GlycerophosphoCholine)

**Dietary Supplement**

OrthoNutritional for healthy mind and body aging  
Boosts mental performance, brain-body integration  
Protects and enhances cell-level physiology

**60 VEGETARIAN CAPSULES**

## Supplement Facts

Serving size 2 Capsules:

| Amount per Serving                                                                                          | %Daily Value |
|-------------------------------------------------------------------------------------------------------------|--------------|
| sn-Glycero (3) phosphocholine (GPC)<br>(GlycerophosphoCholine, choline alfoscerate,<br>Choline alfoscerate) | 600 mg *     |

\*Daily Value (DV) not established. Percent DV based on a 2000 calorie diet

**Inactive ingredients:** Magnesium stearate.

**Free of:** Yeast, wheat, corn, milk, egg, gluten, sugar, starch, salt, preservatives, artificial coloring, flavors and antibiotics.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Best Before:

**01025**

**11/13**

LOT NO.

If no number on label, please see bottom of bottle.

02/10