

USAGE: Take 1 capsule 1 to 2 times per day with a meal, or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Alpha GPC (L-alpha glycerylphosphorylcholine) is a phospholipid metabolite found concentrated in neuronal membranes. Alpha GPC is well absorbed and crosses the blood brain barrier.* As a substrate involved in the synthesis and secretion of acetylcholine, Alpha GPC supports brain function and learning processes.* Alpha GPC supports neuronal health and promotes signal transmission by serving as a precursor to membrane phospholipids.*

**Keep out of the reach of children.
Store in a cool, dry place.**

* 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.

Lot #. Best Used Before:

Jarrow
FORMULAS

Alpha GPC

Supports Brain Function*

300

MILLIGRAMS

60

VEGGIE CAPS

DIETARY

SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Alpha GPC (L-Alpha Glycerylphosphorylcholine)	300 mg	†

† Daily Value not established.

Other Ingredients: Calcium phosphate, cellulose, magnesium stearate (vegetable source), silicon dioxide and stearic acid (vegetable source). Capsule consists of hydroxypropylmethylcellulose.

Contains: Soy.

No wheat, gluten, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.



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