

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

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

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.* Alpha GPC supports neuronal health 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

300 MG

Supports Brain Function*

60 VEGGIE CAPS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Alpha GPC (L-Alpha Glycerylphosphorylcholine)	300 mg †
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† Daily Value (DV) not established.

Other Ingredients: Calcium phosphate, vegetarian capsule (hydroxypropylmethylcellulose, water), cellulose, magnesium stearate (vegetable source), silicon dioxide and stearic acid (vegetable source).

Contains: Soy.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154

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APPROX.
FILL LINE