

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

**Alpha GPC** (L-alpha glycerophosphatidylcholine, also known as choline alfoscerate) is a phospholipid metabolite found concentrated in neuronal membranes. Derived from lecithin, Alpha GPC is extremely well absorbed and crosses the blood brain barrier. In the brain, Alpha GPC supports brain function and learning processes by directly increasing the synthesis and secretion of acetylcholine.\* Alpha GPC supports neuron health and improves signal transmission by serving as a precursor to membrane phospholipids.\*

Each **Jarrow Formulas® Alpha GPC** capsule provides 300 mg of Alpha GPC.

**Keep out of the reach of children.**

**\* 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  
CAPSULES

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

	Amount Per Serving	% DV
Alpha GPC (L-alpha glycerophosphatidylcholine)	300 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose, calcium phosphate, magnesium stearate (vegetable source), silicon dioxide and stearic acid (vegetable source). Capsule consists of gelatin.

**Contains:** Soy.

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

05413AGPC PROD # 156002

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
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