

SUGGESTED USE: Adults take 1 capsule 1-2 times a day with a meal or as directed by your qualified healthcare professional.

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 and a precursor to membrane phospholipids, **Jarrow Formulas® Alpha GPC** supports brain function and neuronal health.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

**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.**

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

**Jarrow
FORMULAS®**

VEGAN

Alpha GPC

CHOLINE SOURCE

300 MG

Supports brain function*

✓ non-gmo

🌿 gluten free

60 VEGGIE
CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

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

† Daily Value (DV) not established.

APPROX.
FILL LINE

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

Contains: Soy.

Distributed by Jarrow Formulas, Inc.

Sherman Oaks, CA 91403, USA

1-866-459-4154

www.Jarrow.com

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