

**Suggested Usage:** Take 2 capsules twice daily with food. Best when taken early in the day.

Alpha GPC is a natural physiological precursor to acetyl-choline, a neurotransmitter that is involved in memory and other cognitive functions.\* Alpha GPC is more bioavailable than other forms of choline and is known to cross the blood-brain barrier. In the brain and other neural tissues, Alpha GPC becomes a constituent of cell membranes.\* Clinical studies have demonstrated that supplementation with Alpha GPC can support the brain's synthesis of acetyl-choline.\* In this way, it helps to promote normal cognitive function and mental acuity.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

**Do Not Eat Freshness Packet.**  
Keep in Bottle.

CODE 3085 V3



CAPSULE SIZE



# Alpha GPC

## 300 mg

Cognitive Support\*

- Bioavailable Source of Choline
- Supports Mental Acuity\*

60 Veg Capsules

A Dietary Supplement    Vegetarian/Vegan

General Health

Family owned since 1968.

## Supplement Facts

Serving Size 2 Veg Capsules  
Servings Per Container 30

### Amount Per Serving

Alpha GPC (L-alpha-glycerylphosphorylcholine)	600 mg*
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\* Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Silica, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Contains soy (Alpha GPC from soy lecithin).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

Not manufactured with yeast, wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Natural color variation may occur in this product.**

Store in a cool, dry place after opening.

Please Recycle.

