

USAGE: Take 1 capsule 1 to 2 times per day with a meal or as directed by your qualified health care consultant.

Alpha GPC (L-alphaglycerophosphatidylcholine, 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 protects neurons and improves signal transmission by serving as a precursor to membrane phospholipids.*

Each **Jarrow FORMULAS® Alpha GPC 300** vegetarian 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 300

**Protects
Brain Function***

**300 mg 60 Vegetarian Capsules
Dietary Supplement**



1010AGPC
PROD # 156002



7 90011 56002 9

Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving % DV

Alpha GPC (L-alphaglycerophosphatidylcholine)	300 mg	*
--	--------	---

* Daily Value not established.

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

Suitable for vegetarians/vegans.

Contains: Soy.

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

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

© 2010 **Jarrow FORMULAS®**