

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-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 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 GPC³⁰⁰

**Protects
Brain Function***

**300 mg 60 Vegetarian 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: 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

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www.Jarrow.com

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