



Alpha-GPC, also known as *alpha-glycerophosphocholine*, is a phospholipid-like compound found in all tissues of the body, including the brain. **Alpha-GPC** can be readily converted to phosphatidylcholine, the most abundant phospholipid found in the body. **Alpha-GPC** metabolizes into choline and glycerophosphate primarily within the GI tract and brain. Choline is a precursor of the neurotransmitter acetylcholine (ACh), which has been shown to support a host of cognitive functions including memory formation and recall, learning ability, and concentration/focus. The other byproduct of alpha-GPC is glycerophosphate, which supports several non-nootropic processes including healthy cell membrane integrity, and healthy bone strength and resilience.

Benefits

- Cognition and Memory
- Enhanced Focus
- Neural and Cellular Membrane support
- Neurochemical Balance
- Increase in Growth Hormone

Alpha GPC 600mg 60 Caps 87084700101-6

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 1 Capsule / capsule
 Servings Per Container / Portions par contenant : 60

Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
L-alpha-GPC (Choline alfoscerate) / L-alpha-GPC (Choline alfoscerate)	600 mg

Non-Medicinal Ingredients: Magnesium Stearate (50 mg),
Vegetable Cellulose (capsule)

Ingrédients non médicinaux : Stéarate de magnésium (50 mg),
Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **ALPHA GPC** daily

Utilisation recommandée : Prendre 1 capsules de **ALPHA GPC** par jour.

Risk Information: Consult a health care practitioner prior to use if you are pregnant or breast feeding. Consult a health care practitioner before using this product.

Informations sur les risques : Consulter un professionnel de la santé avant d'utiliser si vous êtes enceinte ou allaitez. Consulter un professionnel de la santé avant d'utiliser ce produit.