

**USAGE:** Take 1 capsule 1 to 2 times per day with a meal, or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**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, Alpha GPC supports brain function and learning processes.\* Alpha GPC supports neuronal health and promotes signal transmission by serving as a precursor to membrane phospholipids.\*

**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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

# Alpha GPC

Supports Brain Function\*

300

MILLIGRAMS

60

VEGGIE CAPS

DIETARY

SUPPLEMENT



Distributed Exclusively by:  
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06219AGPC

PROD # 156002



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## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

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

† Daily Value not established.

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

**Contains:** Soy.

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

**Suitable for vegetarians/vegans.**

FILL LINE