

# Alpha-GPC

## DESCRIPTION

Alpha-GPC, provided by Douglas Laboratories®, supplies 250 mg of glycerophosphocholine, a nutrient important for neurological health, in each vegetarian capsule.

## FUNCTIONS

Glycerophosphocholine (also, known as alpha-GPC, and alpha-glycerophosphatidylcholine) is a water-soluble pro-phospholipid found in high quantities in adult tissue and breast milk. While not a true phospholipid, the body can convert it readily into phosphatidylcholine, the most abundant phospholipid found in the body. Glycerophosphocholine also plays important roles in the synthesis of acetylcholine and the attachment of phosphatidylcholine to DHA (docosahexaenoic acid, an essential fatty acid).

Human studies indicate that glycerophosphocholine may play important roles in maintaining neurological health.† In studies conducted on healthy, young adults, glycerophosphocholine offered significant protection against medication-induced memory loss and helped to enhance baseline mental performance. In middle-aged and elderly adults, glycerophosphocholine supports memory and proper cognitive function.† This compound has also shown superior benefit when compared to citicholine and oxiracetam.

Glycerophosphocholine also has the ability to support growth hormone releasing hormone production, which in turn can promote proper growth hormone levels.

## INDICATIONS

Alpha-GPC may be a useful dietary supplement for individuals wishing to support healthy cognitive and mental functioning.

## FORMULA (#99255)

**Each 2 Vegetarian Capsules contain**

L-Alpha-glycerophosphocholine ..... 500 mg

## SUGGESTED USE

Adults take 1-2 capsules daily or as directed by physician.

## SIDE EFFECTS

No adverse side effects reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

Canal N, Franceschi M, Alberoni M, Castiglioni C, De Moliner P, Longoni A. Effect of L-alpha-glyceryl-phosphorylcholine on amnesia caused by scopolamine. *Int J Clin Pharmacol Ther Toxicol.* 1991 Mar;29(3):103-7.

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†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.

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