



Alpha-GPC

What Is It?

L-Alpha-glycerophosphatidylcholine (GPC-choline, alpha-GPC) is a water-soluble phospholipid and neurotransmitter precursor naturally occurring in the body. Unlike most membrane phospholipids, alpha-GPC is water-soluble because it lacks the hydrophobic tail groups.

Uses For Alpha-GPC

- **Memory And Cognitive Health:** Alpha-GPC passes through the blood brain barrier providing a source of choline for acetylcholine and phosphatidylcholine biosynthesis. By supporting cell membrane fluidity and integrity, phosphatidylcholine enhances healthy neurotransmitter function and signal transduction. Alpha-GPC may support healthy phospholipid turnover in the brain, helping to counteract age-related cellular breakdown of membrane phospholipids. Acetylcholine is a key neurotransmitter in the brain supporting memory and learning. Optimal phospholipid and acetylcholine levels support cognitive, mental and cerebrovascular health.*
- **Growth Hormone Support:** Alpha-GPC has the ability to potentiate growth hormone releasing hormone (GHRH), thereby supporting healthy growth hormone (GH) levels. The mechanism of support appears to involve increased cholinergic tone.*

What Is The Source?

Alpha-GPC is derived from highly purified soy lecithin. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation. Hypo-allergenic plant fiber is derived from pine cellulose. There is no detectable GMO material in this product.

Recommendations

Pure Encapsulations recommends 1 capsule (400 mg of Alpha-GPC, standardized to contain 50% L-alpha-glycerophosphatidylcholine), three times per day, with or between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. May cause some gastrointestinal irritation, headache or insomnia in a small percentage of people.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

Alpha-GPC

each vegetable capsule contains



stabilized alpha-GPC (L-alpha-glycerophosphatidylcholine).....	400 mg.
(providing 50% L-alpha-glycerophosphatidylcholine)	200 mg.
vitamin C (as ascorbyl palmitate).....	20 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
other ingredients: calcium phosphate, silicon dioxide	

3 capsules per day, in divided doses, with or between meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.