

GPC and GPC Liquid

Supports Healthy Brain Function*



BRAIN/COGNITION*



GPC, or L-alpha-glycerylphosphorylcholine, is a source of choline, which is a semi-essential nutrient that supports brain health and mitochondrial function.* Choline acts as a building block for cell membrane phospholipids and the neurotransmitter acetylcholine, supporting overall health.* Designs for Health's GPC comes in both capsule (300 mg per capsule) and liquid (600 mg per 2 dropperfuls) form. GPC Liquid is an ideal choice when higher quantities of GPC are desired, as the dropper is calibrated to allow for flexible serving measures.

Choline has critical roles in the body. Choline deficiency may impact memory, energy levels and mood.

Choline is an important precursor for the key neurotransmitter acetylcholine, a neurotransmitter in the brain and signal sensor in the rest of the body that is essential for muscle contraction, skin tone, gastrointestinal motility, and other tissue functions. Choline is also a building block of phosphatidylcholine, the most abundant phospholipid that makes up cellular and mitochondrial membranes. As such, it may support mitochondrial function and energy production.* The body does not make enough choline for all its functions, and many people do not consume enough choline in their diets to achieve adequate levels. GPC serves as a choline source and may support brain health and cognitive function.*

Benefits*

- Supports brain health
- Promotes healthy nerve function
- Supports mitochondrial function

Recommended Use

GPC: Take 1 capsule per day or as directed by your health-care practitioner.

GPC Liquid: Take 2 mL (approximately 2 dropperfuls) per day or as directed by your health-care practitioner.

Highlights

- 300 mg of CholineAid® (L-alpha-glycerylphosphorylcholine from highly refined soy lecithin) in GPC per capsule to support brain health*
- 600 mg of glycerophosphocholine per serving from sunflower lecithin in GPC Liquid to support personalized protocols
- Gluten-free, dairy-free, and non-GMO
- GPC Liquid is soy-free
- No added sweeteners

CholineAid® is a registered trademark of Chemi Nutra

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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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.