

# GPC – Glycerophosphocholine

*Source of choline for supporting brain health, cognitive function and more\**

Glycerophosphocholine (GPC) is a source of choline, which is a building block for critical compounds in the body—in particular, acetylcholine and phosphatidylcholine. Acetylcholine is a neurotransmitter that plays crucial roles in memory, learning, muscle coordination and movement, and both aspects of the nervous system: the sympathetic nervous system (“fight or flight”) and parasympathetic nervous system (“rest and digest”). Phosphatidylcholine is an essential component of all cell membranes, including neurons in the brain as well as the myelin coating that surrounds and protects neurons. Choline is also a major constituent of lung surfactant, a naturally produced compound needed for healthy lung function.

Choline is required for the healthy metabolism of fats, especially with regard to the role of the liver in processing fats and making the proper components (called lipoprotein particles) that transport cholesterol and fat-soluble nutrients throughout the bloodstream. A healthy supply of choline allows fats to be processed properly as opposed to accumulating in the liver.

The human body synthesizes choline internally, but this production is relatively limited and may not always be adequate to meet an individual’s needs, particularly if they may have an increased demand for choline, such as if requiring support for memory and cognition, neurological function, balanced moods, and supporting overall physical and mental vitality during aging. For these reasons, choline is considered an essential nutrient. Choline is found in egg yolks, liver, beef, peanuts, broccoli, cauliflower and other foods of both animal and vegetable origin, but supplemental amounts, as provided by GPC, may be warranted for some individuals. Animal foods tend to be more concentrated sources of choline than plant foods, and heavy alcohol consumption increases the need for choline.

Owing to the role of choline in neuron structure and function, as well as in synthesis of acetylcholine and other neurotransmitters, GPC may help support brain structure and function and nervous system function.\* The chemical structure of GPC makes it more effective for supporting the body’s levels of choline than choline or phosphatidylcholine from foods.

Our GPC is available in liquid and capsule form. GPC has a naturally delicious, sweet taste on its own, so no additional sweeteners are used in the liquid form.

## Recommended Use

**GPC Capsules:** As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

**GPC Liquid:** As a dietary supplement, take 2 mL (approx. 2 droppers full) per day, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).