Creative Enzymes®

Choline glycerophosphate (Alpha GPC)

Cat. No. EXTZ-496

Lot. No. (See product label)

Introduction

Description

Choline glycerophosphate, also known as alpha-glycerylphosphorylcholine and alpha GPC, is a natural choline compound found in the brain. It can be synthesized in the body from choline, or it can be made in a laboratory and used in dietary supplements. When ingested, alpha-GPC is rapidly absorbed and easily crosses the blood-brain barrier. It seems to increase the levels of a chemical in the brain called acetylcholine. This brain chemical is important for memory and learning functions.

Product Information

Form

powder