

ALPHA GPC



Improves Mental Performance

The quality of our life experience—and our ability to live life to the fullest—is a direct result of optimal brain function. Only a few years ago, nothing could be done to stem the tide of poor circulation, forgetfulness and “mental fog.” But neurological science exploration has identified a fundamental brain compound critical to attention, learning, memory, and even the higher cognitive functions of reasoning and intuition.

Research confirms that L-alpha-glycerylphosphorylcholine (called Alpha-GPC for convenience) is crucial to neuronal function and structure. Derived from purified soy lecithin, Source Naturals ALPHA-GPC readily converts to acetylcholine in the brain, helping to maintain neuronal structure integrity. Source Naturals provides an easy and convenient means to profoundly impact the very nexus of our body and mind.



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GPC Is Unique

No other nutritional compound comes close to GPC in its ability to boost critically important acetylcholine levels. Found in both the brain and the peripheral nervous system (including the nerve-muscle junctions), acetylcholine is a key nerve messenger molecule, or neurotransmitter. Aging brains are characterized by functional deficiencies in both acetylcholine and its cholinergic receptors. GPC is a highly bioavailable supplement that boosts acetylcholine levels to improve cognitive function. It is also a major choline reservoir, helping to protect the brain against damage from poor circulation and potentially toxic metabolites.

Deficiencies in acetylcholine can cause the body to break down phosphatidylcholine for its choline content, leading to the death of brain cells. Yet in controlled clinical trials of middle-aged subjects taking GPC, reaction time was enhanced and there was improved energy generation and electrical coordination in the brain. For older subjects, double-blind trials demonstrated that GPC had superior benefits over certain other brain nutrients for mental focus, recall, verbal fluency—a unique, marked overall enhancement of mental performance.

GPC is an example of what the great Linus Pauling referred to as “orthomolecules,” that is, molecules that are “orthodox” or “correct” for the body. GPC excels as a protective nutraceutical for memory loss and mood enhancement. It protects cells of the brain (and other organs) from damage, shielding a range of important biomolecules against toxin build-up.

Extensive Clinical Testing

In clinical trials that involved more than 5,000 patients, GPC showed marked improvement in overall brain performance. Depending on the particular trial, 50-70 percent of the patients who received GPC had their mental functions improved to a degree “meaningful to life quality.” GPC has shown revitalizing effects on the declining brain, and preliminary evidence suggests GPC may act on the pituitary gland to partially restore its capacity to make growth hormone, vital for cell maintenance and longevity.

Other unique brain features of GPC are its benefits for attention and recall in young healthy adults, and its superior bioavailability. GPC readily crosses the blood-brain barrier to raise brain choline levels within a few hours following oral intake. GPC helps with body-mind integration by being a ready reservoir for acetylcholine. This neurotransmitter is ubiquitous in brain circuit maturation, expansion, renewal and repair, as well as in the “agility” or adjustments of the circuitry that occur during adult life.

In addition, an animal study has shown that GPC increases the release of GABA (gamma-aminobutyric

acid), the most important and abundant inhibitory neurotransmitter in the brain. It acts as a “balancer” for the brain and helps induce relaxation and sleep. Without sufficient GABA, neurons fire at random, unable to make sense of incoming signals. GABA helps minimize “neural noise,” making it easier to focus and concentrate.

Why you should take GPC:

- Mental performance is improved at all ages (including attention, concentration and recall).
- GPC supports mind-body “focus,” including reflexes, response time, and endurance.
- GPC has benefits for healthy aging, such as growth hormone release.
- GPC protects all the body's cells through its unique osmolyte capacities.
- GPC is naturally present in very high concentrations in healthy cells, and also in mother's milk, where it is the major source of choline for the developing brain.

While it may be the single best nutrient for the brain, GPC is also a broader supplement for active living and healthy aging because it supports optimal metabolic function in all the organs. GPC has a metabolically privileged relationship with DHA (docosahexaenoic acid, omega-3). These are combined to make cell membrane phospholipids essential to metabolic efficiency in kidney, liver, and muscle function, and for sperm maturation. These body-wide functions, combined with its known brain benefits, allow GPC to support the functional integration of the brain with the other organs.

Don't pass up this newly discovered option to enhance the quality of your life, health and higher mental functions. Explore your nearby natural food outlet and utilize discoveries such as GPC, which has already improved the health and chances of longevity for the millions who have been wise enough to join the Wellness Revolution.

References:

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