



GPC Liquid

Brain Function Support*



BRAIN/COGNITION*



GPC, or L-alpha-glycerylphosphorylcholine, is a rich 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 Liquid delivers 600 mg of GPC (as CholineAid®) per serving. This product 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 Liquid serves as a rich source of choline and may support brain health and cognitive function.*

Benefits*

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

Recommended Use

Take 2 mL (approx. 2 droppers full) per day or as directed by your health-care practitioner.

Highlights

- Provides 600 mg of CholineAid® (L-alpha-glycerylphosphorylcholine from highly refined soy lecithin) per 2 mL serving to support brain health*
- Gluten-free, dairy-free, soy protein-free; non-GMO
- No added sweeteners

CholineAid® is a registered trademark of Chemi Nutra

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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.