



Protocol is proud to introduce its latest brain health product: Ortho Alpha GPC 300 mg[†]

Alpha-GPC is a physiological precursor to acetyl-choline, a neurotransmitter that is involved in memory and other cognitive functions.[†]



Bioactive Compound

300 mg L-alpha-glycerylphosphorylcholine (choline alphoscerate or alpha-GPC)

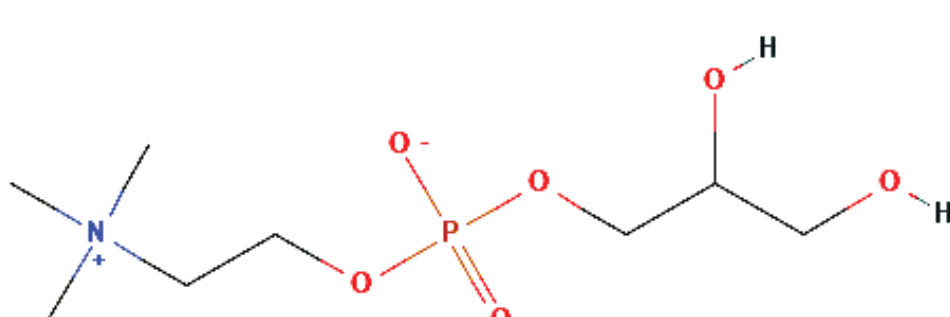


Figure 1: Chemical Structure of alpha-GPC



Bioavailable Compound

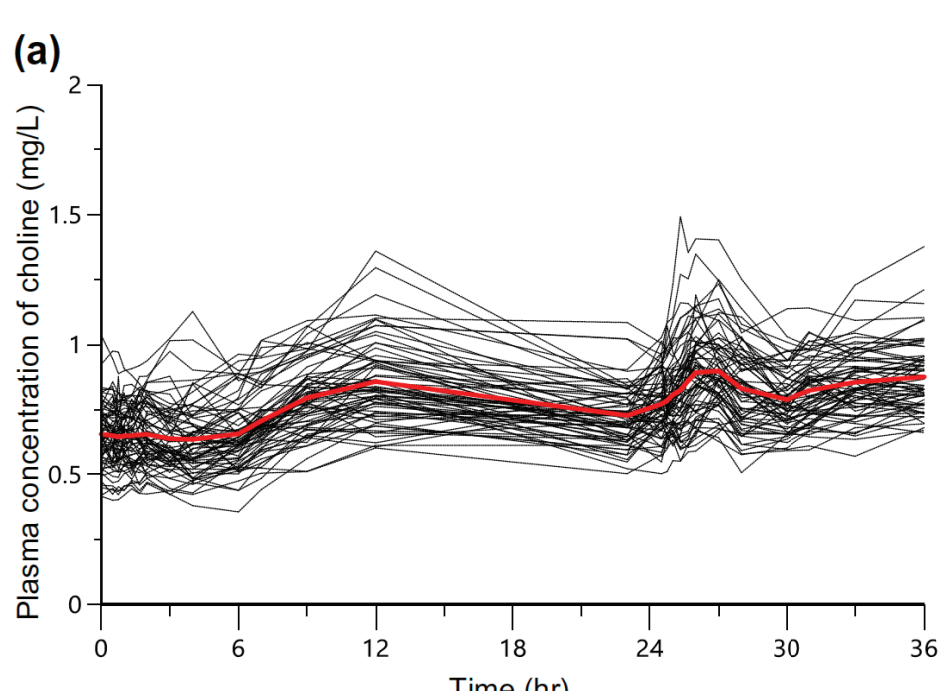


Figure 2: Plasma concentration-time profile of choline after administration of 1,200 mg alpha-GPC in capsule. Red line represents data average.¹



How It Works

Alpha-GPC has been extensively clinically validated for its brain health supporting properties[†]

Alpha-GPC supports a healthy feeling of motivation especially at night^{2†}

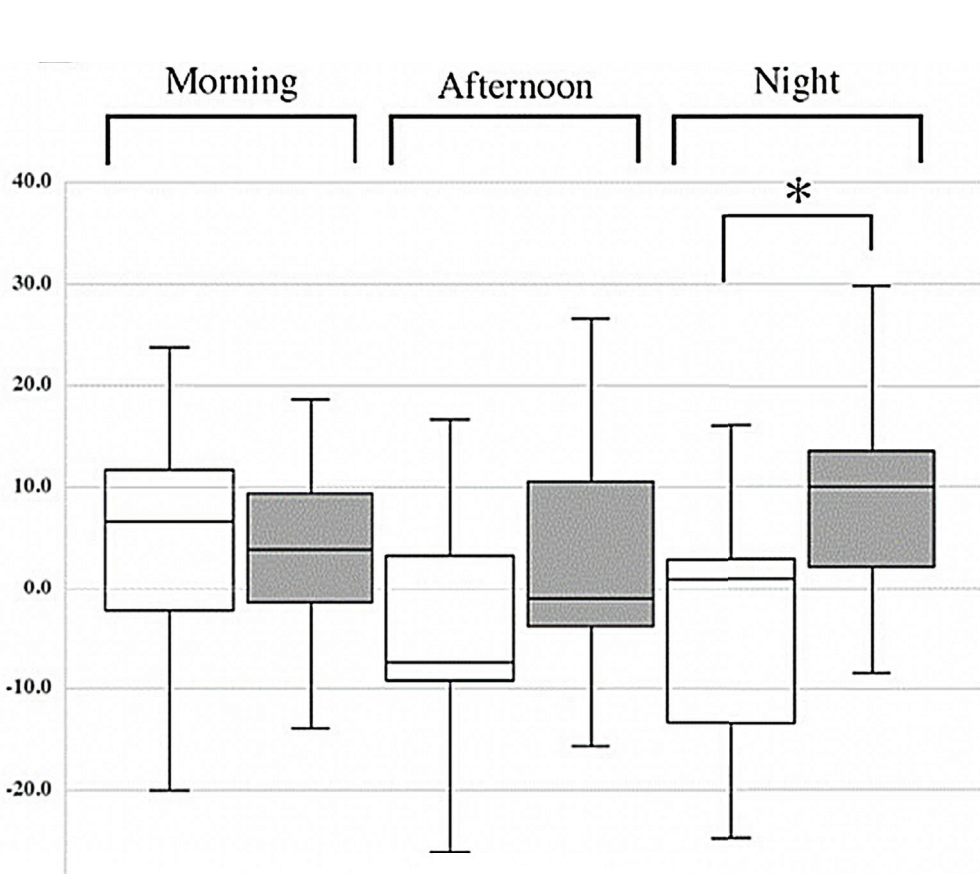


Figure 3: Alteration of subjective feelings of lethargy-motivation in healthy volunteers before and after taking 400 mg/d alpha-GPC for 2 weeks.[†] Placebo white bars, alpha-GPC grey bars. * $p < 0.05$ vs. placebo. Adapted from Tamura et al.

Alpha-GPC supports healthy cognitive performance^{3††}

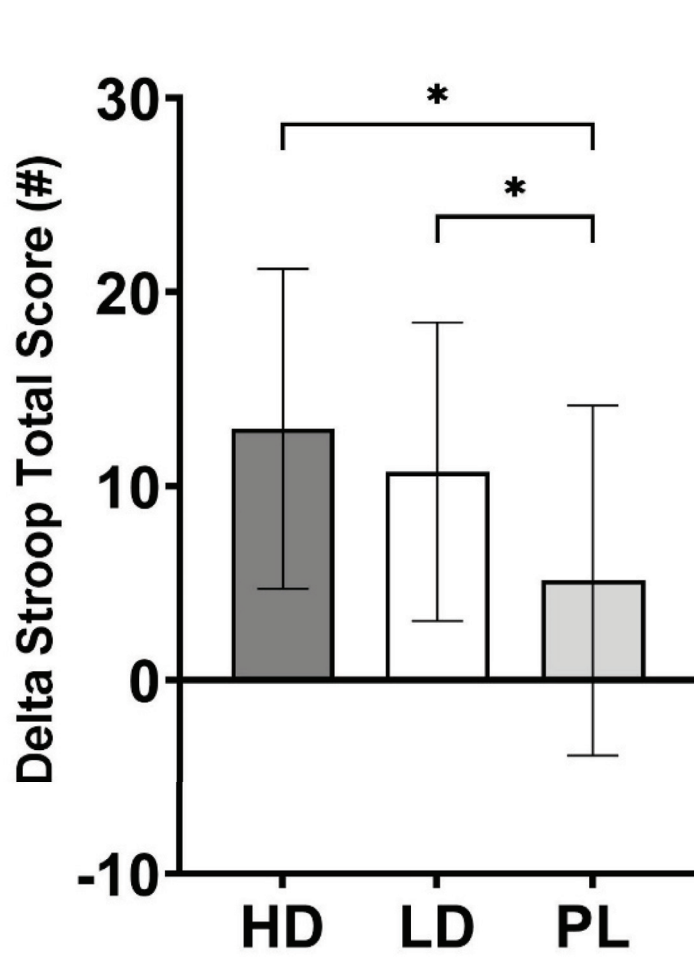


Figure 4: Reduction of Stroop[‡] score after supplementation with alpha-GPC, HD=630 mg, LD=315 mg, PL: placebo. N=21 Healthy individuals.[†] Adapted from Kerkick.

At Protocol For Life Balance®, we believe in offering supplements with the best ingredients. Our Ortho Alpha GPC formula has 300 mg L-alpha-glycerylphosphorylcholine per serving to support brain health including cognitive performance and motivation.[†] Ortho Alpha GPC is ideal for your aging patients seeking to keep a sharp mind.[†]

ProtocolForLifeBalance

protocol-for-life-balance

protocolforlife

protocolforlife.com / 1-877-776-8610 / sales@protocolforlife.com

Order Online - practitioners.protocolforlife.com

For more articles check out: <https://www.protocolforlife.com/prototfacts/>

References:
1. Im A-G, Choi G-W, Kang DW, et al. *Journal of Pharmaceutical Investigation*. 2022;52:1-9.
2. Tamura Y, Takata K, Matsubara K, Kataoka Y. *Nutrients*. 2021;13(6):2091.
3. Kerkick CM. *Nutrients*. 2024;16(23):4240.

[‡] Cognitive performance was measured using the Stroop test. The Stroop test is a widely used test to evaluate multiple parameters of cognitive performance, including attention, processing, cognitive flexibility, and the ability to inhibit cognitive interference, in addition to working memory. The Stroop test requires individuals to read words printed in different-colored ink (for example, the word "green" could be printed in blue) and select the color of the ink they see instead of speaking the word they read.

[†]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.