



GPC Liquid

Jacqueline Fields, MD and founder of Dr. Fields' Sacred Skin | May 2017

GPC is a naturally occurring substance in all the body's cells and mother's milk. It is an "activated" form of choline, a member of the B-complex family, and an important nutrient for the brain, without which we could not think, sleep, or remember. GPC is also a constituent of many other vital molecules, such as the neurotransmitter acetylcholine. Neurotransmitters are the chemicals needed to carry out your brain's processing operations, working as messengers of neurologic information from one cell to another. GPC enhances phosphatidylinositol receptor function, which improves cell signaling. Phosphatidylinositol is a phospholipid, and therefore a key component of cell membranes and quite abundant in the brain tissues.

GPC is water-soluble, making it able to cross the blood brain barrier. For this reason, GPC is better than PC, phosphatidylcholine (PC), another phospholipid, at helping to increase acetylcholine levels in the brain. This neurotransmitter is responsible for cognitive function, mainly learning and memory. Researchers suggest that GPC works by increasing hippocampal acetylcholine synthesis and release. A central role of the hippocampus is the forming, storing, and processing of memories. The dementia associated with Alzheimer's has been shown to disrupt the pathways that use acetylcholine, resulting in impaired cognition, memory loss, and disturbances in sleep. GPC given to rats, after inducing amnesia with the anticholinergic drug scopolamine (which blocks acetylcholine), was able to completely reverse the amnesia.

GPC also works by stimulating the release of the calming neurotransmitter GABA in the brain. Low levels of GABA in the elderly may contribute to the symptoms of impaired

cognition associated with degenerative brain conditions, such as mood disorders and dementia.

Why use GPC Liquid?

- Excellent choice when higher doses of GPC are desired
- Beneficial in more serious health conditions, such as: traumatic brain injury, post-stroke, neurodegenerative diseases (i.e., Alzheimer's, Huntington's, Parkinson's)
- Dropper is calibrated for easy titration
- No pills to swallow
- Naturally sweet taste, with no added sweeteners

How to Use:

Take 2 mL (600 mg GPC; approx. 1 dropper full) one to two times per day.

Hold in mouth for greater mucosal absorption. Many may find GPC to be brain energizing. For these people, it may be best to take during the morning or early afternoon.

***Note:** the typical oral doses of GPC used in most trials were 1200 mg per day in divided doses, in order to maintain high blood levels throughout 24 hours.*

When tested for memory and depression, GPC at 1 g per day showed better results than CDP (cytosine diphosphocholine) at the same dosage.

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.

GPC may benefit:

- Memory/mental focus in elderly and young
- Moodiness
- Growth hormone production (take 60-90 minutes before workout)
- Brain recovery from stroke or brain injury
- Cognitive deficit from anesthesia following surgery (up to 50% of bypass patients experience brain damage following bypass surgery)
- Impairment in cognition and social behavior due to Alzheimer's or vascular dementia
- Age-related changes in brain function

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