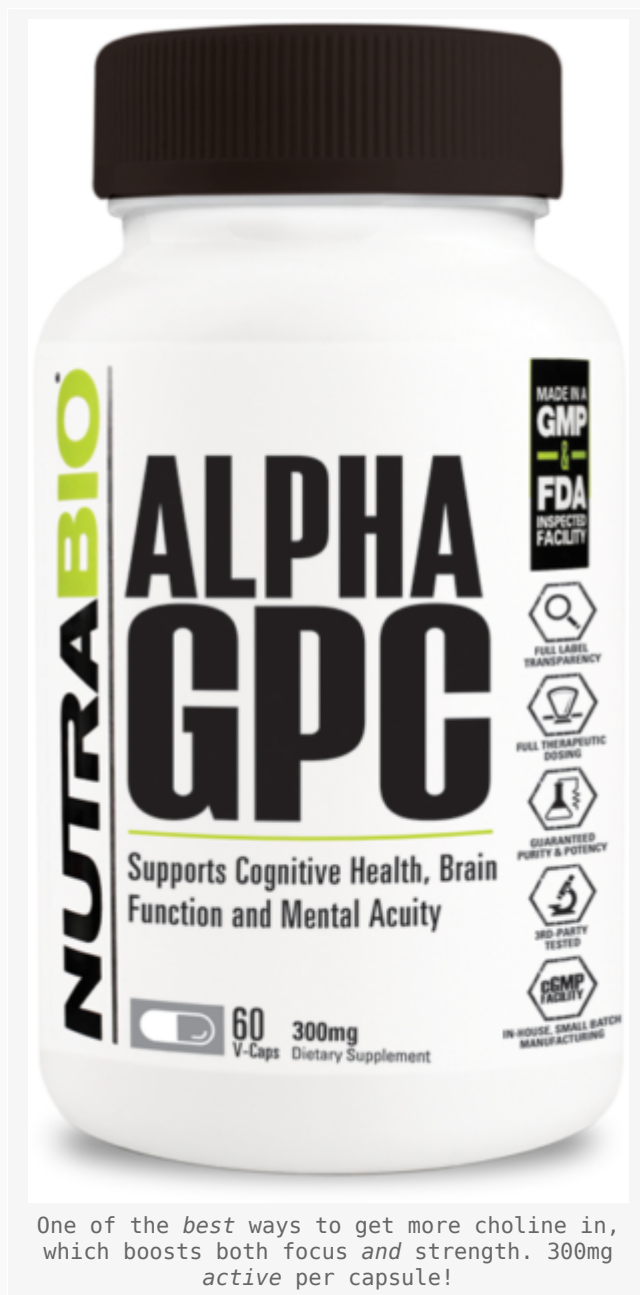


# NutraBio Alpha-GPC Puts Focus and Strength in One Capsule

written by Mike Roberto | January 31, 2019



If you've been following the supplement industry over the years, there's no doubt you've come across **NutraBio**. That's simply because they're a phenomenal brand, supplying us with some of the best products on the market.

NutraBio is the industry leader in supplement *transparency*, with their fully-disclosed, third-party lab tested products setting a trend many others are now adopting.

The brand, run by martial arts champion Mark Glazier, has been expanding their products, which had previously been focused in their "Sports Line", where their pre-workout formulas and protein powders have wowed us time and time again.

## More Single-Ingredients for More Focus and Gains

The sports nutrition product expansion will continue, but next up, they're releasing more products in their "Natural Line", focused around proven, single-ingredient formulas. We recently discussed NutraBio's KSM-66 Ashwagandha, but now entering the fold is **NutraBio Alpha-GPC**, a powerful nootropic that is a *must-try* if you're looking to enhance your training or thinking (or both). NutraBio only produces supplements that *work*, and that's no different here!

Before we get into all that Alpha-GPC has to offer, and why you should consider including it in your regimen, be sure to subscribe to PricePLOW for deals and price drops for this and all of NutraBio's news alerts!

## NutraBio Alpha GPC – Deals and Price Drop Alerts

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## What is Alpha-GPC?

*Alpha-glycerophosphocholine*, thankfully dubbed **Alpha-GPC**, is a *phospholipid* containing high amounts of **choline**.<sup>[1]</sup>

Supplement Facts	
Serving size: 1 vegetable capsule	
Servings per container: 60	
Amount Per Serving	%DV
Alpha GPC (l-alpha-glycerolphosphorylcholine)	300mg *

%Daily Values (DV) are based on a 2000 calorie diet.

Other Ingredients: calcium phosphate (as carrier for alpha GPC), vegetable capsule.

This is 300mg active Alpha-GPC (note the calcium phosphate as the carrier).

In fact, it actually promotes the processing of *acetylcholine* within the body,<sup>[2]</sup> helping the body get the highest yield of choline it can. Why is this

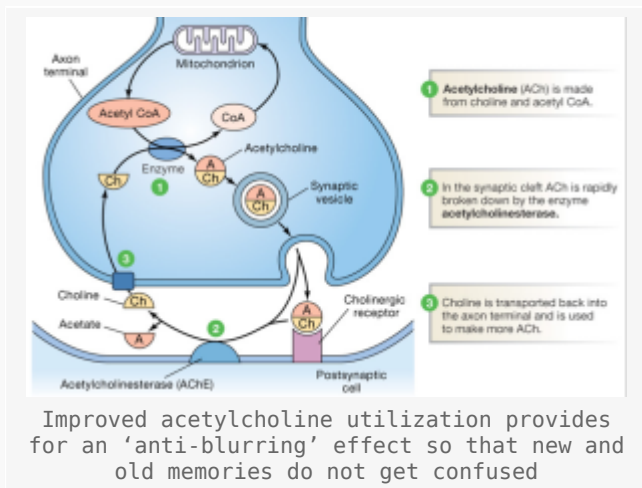
important? Well, choline is an essential nutrient, found commonly in dairy products and eggs, that helps your cells maintain their membranes. Choline itself is also needed to make acetylcholine, a neurotransmitter that plays a key role in regulating brain function and muscle control.[3]

Since acetylcholine is often dubbed the *learning neurotransmitter*, and choline is required to synthesize it, you can understand how important this molecule is.

While both Alpha-GPC and cheaper forms of choline like choline citrate or choline bitartrate both boost acetylcholine production, Alpha-GPC is *actually superior*. The lipids it supplies actually *make it easier for the cells to take in*, thus boosting acetylcholine production more effectively.[4] This means Alpha-GPC is more beneficial than most other forms of choline, which is exactly why NutraBio has decided to put it in its own capsule!

So, now that we have the fact that we need it established, what benefits can it bring as a sports supplement?

## What can more choline from Alpha-GPC do?



Alpha-GPC is mainly used as a nootropic / cognitive enhancer, but has some potential in inducing both strength-boosting and growth hormone-raising effects. Choline supplementation is also one of the more researched compounds out there, making it extremely popular. We typically see it in both pre workout supplements and nootropic formulas, however, there's no reason why you couldn't take it on its own – especially if you don't eat a ton of eggs! In order to see what science has shown, let's dive into the research.

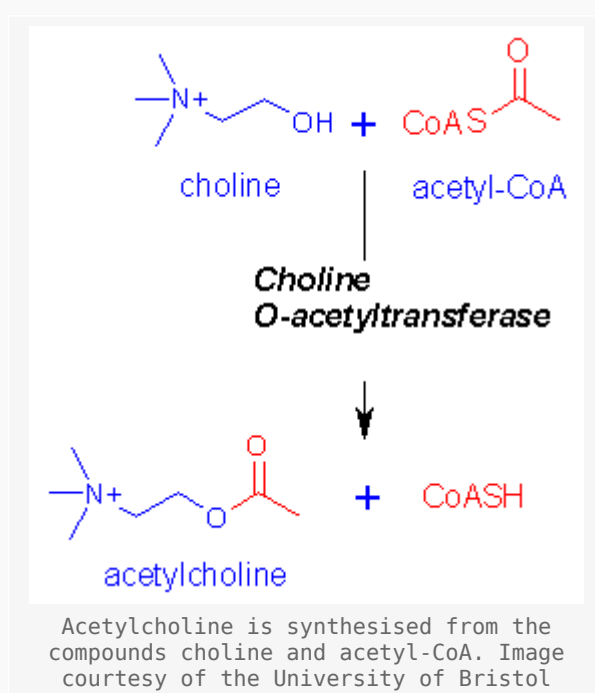
## Boosts acetylcholine production

One of the main functions Alpha-GPC serves is to help enhance the "mind-muscle connection." This phrase refers to the direct focus one gives the muscles they're training while doing an exercise, focusing on contractions. Research has shown that this is incredibly important in achieving better results, and it seems like Alpha-GPC could give you an extra boost.

Alpha-GPC has been shown to **increase acetylcholine levels, specifically in the frontal cortex** of the brain.[5] This cortex of the brain does several things, but it also houses the mechanisms needed to control **motor function and attention management**. [6] It's also worth noting that there are other reported neurological effects, such as memory-formation improvement [7] and long-term cognitive health.[8]

By elevating acetylcholine levels, you could find it *easier to focus*, which sometimes even translates to a better mind-muscle connection in the gym. Alpha-GPC may be an important factor in getting you "in the zone" when you step into the gym for training!

## **Increases strength and power – and maybe even growth hormone**



NutraBio is obviously an athlete's company, and nothing screams athletic performance like strength and power. While some cognition benefits are great, Alpha-GPC is really here to help you train with more power and get stronger!

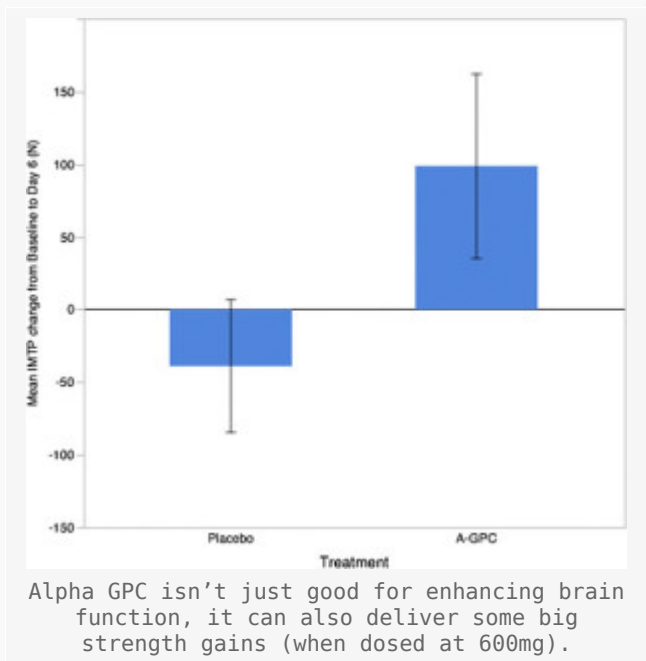
## **Comprehensive squat strength and bench power study**

An industry-funded study in 2008 studied the effects Alpha-GPC could have in the world of resistance training. Using a random, double-blind method, 7 young men experienced in weight training were administered a dose of either 600mg of Alpha-GPC or placebo 90 minutes before training.[9] After performing Smith Machine squats, their resting metabolic rate (RMR) and respiratory exchange ratio (RER) were tested. Then, each subject performed 3 sets of bench press throws so that their force and power could be measured.

Scientists measured a *larger increase in peak growth hormone*, and *14% increase in bench press force!*[9] A spike in growth hormone puts you in a more anabolic state, priming your body to gain muscle and get stronger. Additionally, lifting

more forcefully will have a similar effect! Also, while the effects weren't necessarily statistically significant, researchers *suggested* trends towards higher bench press force and lower post-exercise RER (a lower value represents better *fat oxidation*).

### **Another showing of power increase!**

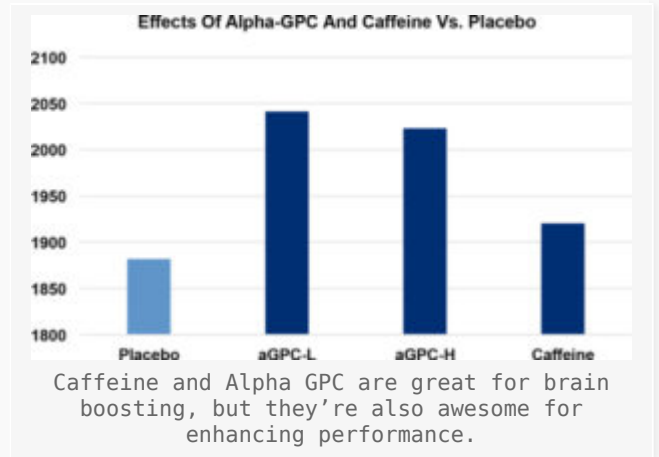


Another study from 2016 was conducted to further investigate these effects on strength. College-aged males were given either Alpha-GPC at 600mg per day, or placebo, for 6 days.[10] Their performance in mid-thigh pulls was tested before the dosage was handed out, as well as one week after the 6-day medication period.

Treatment with Alpha-GPC was shown to *increase force* on the mid-thigh pull, which supports the notion that this ingredient can help boost lower body force production.[10] It's also worth noting that a similar test was conducted on upper body strength, and while it was not statistically significant, the trend seen suggested potential benefit there, too!

### **An interesting dosage comparison test**

In 2017, researchers compared different dosages of Alpha-GPC on physical performance. 48 college males were given either 500mg of Alpha-GPC, 250mg of Alpha-GPC, 200mg of caffeine, or placebo for 7 days.[11] Their performance in the mid-thigh pull, a "countermovement jump", and an upper body strength test was tested before and after supplementation.



While no differences were seen in the mid-thigh pull or upper body strength test, there was some really interesting results. As expected, both Alpha-GPC groups had much *higher serum choline*, with the 250mg group an astounding *132% higher* than they originally were![11] The lower-dose Alpha-GPC group also had *significantly greater power in the jump*.[11] Not only did the 500mg group fall short here, but they actually *had lower serum thyroid stimulating hormone (TSH)* than the other groups.[11] This is relevant due to what TSH regulates in the body – it helps maintain metabolic rate and muscle control.

While we're not exactly sure what these findings mean, one thing is clear – lower doses of Alpha-GPC are still effective, and may even be desired! The results from this study really speak to the phrase “too much of a good thing isn't a good thing”, yet still show the benefits of Alpha-GPC!

## Dosing and Stacking

**1 capsule** | **1-2x daily**

**Suggested Use:** As a dietary supplement, take 1-2 capsules daily or as directed by your physician.

Dosage depends on your egg consumption, in our opinions. (Each yolk ~= 125mg choline)

In each capsule of the 60-serving NutraBio Alpha-GPC, you'll be getting 300mg of active ingredient. As we've come to expect with NutraBio, they hit the dosage *spot on*. A lot of the research we discussed used 600mg of Alpha-GPC, however, lower doses *also were effective*.

The beauty of this product is its seamless customization – you can take 2 capsules for 600mg daily if you so choose, but that's really going to depend on your diet and how many eggs you eat (each egg yolk has about 125mg choline).

## Note the 50% rule of thumb!

NutraBio is also doing a great job with label transparency. Alpha-GPC is a sticky substance that needs to be bound to something like 50% silica in order to not be an impossible mess in the manufacturing process. Many times you see something like just “300mg Alpha-GPC” you don’t know if you’re getting 300mg 50% Alpha-GPC or 300mg of *actual active* Alpha-GPC.

Our rule of thumb? If they don’t tell you, the dose is probably really *half* of the weight their listing.



**Choline Supplements**

What's the best form, and why?  
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Choline is an essential nutrient that provides the backbone of the learning neurotransmitter acetylcholine; learn which form is the best for your needs.

With this one, we know that we’re getting 300mg *active* in each capsule, as they’re using *calcium phosphate* as the carrier.

## Your stack depends on goals

Whichever dosage you choose, you also have options in regards to other ingredients you can stack it with! To further enhance *power output*, adding in **creatine** (see NutraBio Creatine Monohydrate), the most researched power-boosting sports supplement out there, or **betaine** (also known as *trimethylglycine* – See NutraBio’s TMG Betaine Anhydrous).

## Get it in an amino acid stack!

Also note the announcement of NutraBio Alpha EAA, which is set to come out shortly after this Alpha-GPC. Alpha EAA contains a full spectrum of essential amino acids, ashwagandha, *and* Alpha GPC!

## What about a simple NutraBio Nootropic Stack?

If you’re looking to capitalize on any nootropic effects, take a look into

**NutraBio's ashwagandha** (also in the NutraBio Health Line), **Acetyl L-Carnitine** (NutraBio ALCAR for that), or our old friend **caffeine!** (This one is of course best-served in NutraBio's Pre Workout or NutraBio Caffeine capsules). There are of course plenty of others, but that makes for a nice beginner's stack.

Being able to fully customize both your dosing AND adjunct ingredients is what separates NutraBio's new line from most. You're not purchasing a label someone else formulated, and even though NutraBio is *extremely good* at that, sometimes you just want a bit of freedom!

And as always, NutraBio doesn't use fillers or excipients in their capsule process – just the carrier of *calcium phosphate* (gotta bind that sludge to *something*).

**Conclusion – NutraBio Alpha-GPC is a powerful addition to your arsenal!**



More focus and strength for the bossman. Look forward to Mondays (which are leg days) again!

If you're a fan of NutraBio, you're most likely an athlete. Whether you lift, run, play baseball, wrestle, or just train because you love it, they have what you need. In **Alpha-GPC**, they're giving you a customizable tool to hit that next PR, or maybe even hit that next home run!

This is a great supplement for anyone, but it's a *fantastic* supplement for those of you not eating at least a few whole eggs each and every day. Supplementation follows diet, so your ideal dose depends on what you eat.

NutraBio continues to knock it out of the park with their new releases. Their Breakfast Line of 100% Whey Protein Isolate was *out of this world*, and so is their new flavoring system (dragonfruit candy?!) But even with these larger-scale launches, they're still not forgetting the basics.



We know there's a market for single-ingredient supplements like Alpha-GPC, and we're extremely happy to see a trusted, third-party tested player in it!

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The full NutraBio Alpha GPC Label

**1 capsule** | **1-2x daily**

**Suggested Use:** As a dietary supplement, take 1-2 capsules daily or as directed by your physician.

VEGETARIAN | NON-GMO | GLUTEN FREE | BSE/TSE FREE

**Warning:** NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions (including kidney or liver disease) or are taking prescription or OTC medication(s) consult with your health care practitioner before using this product. Discontinue use two weeks prior to surgery.

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**Supplement Facts**  
Serving size: 1 vegetable capsule  
Servings per container: 60

	Amount Per Serving	%DV
Alpha GPC (l-alpha-glycerylphosphorylcholine)	300mg	*

\*Daily Values (DV) are based on a 2000 calorie diet.

Other Ingredients: calcium phosphate (as carrier for alpha GPC), vegetable capsule.

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