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Alpha GPC Choline Supplement (Beginner Nootropic for Brai Support, Focus, Memory, Motivation, and Energy)

1,273 customer reviews | 43 answered questions



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- ### About the product
- INCREASE CHOLINE LEVELS - Alpha GPC is the most Bioavailable form of Choline on the market
 - ENHANCE MEMORY - Remember more information for your exams, forget less deadlines at work, no more losing your car keys
 - BOOST ACETYLCHOLINE IN THE BRAIN - Nootropics supplement to boost memory, focus and acetylcholine
 - MADE IN THE USA - Our Alpha GPC is manufactured right here in the USA

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Total price: **\$58.75**

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Ad feedback

1,917

Ad feedback

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1,426

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338


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494


\$19.95



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2,080

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Uridine Monophosphate - Third Party Tested (Choline Enhancer, Beginner Nootropic) 300mg - 50 Capsules, Made in USA by Double Wood Supplements

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Product Description



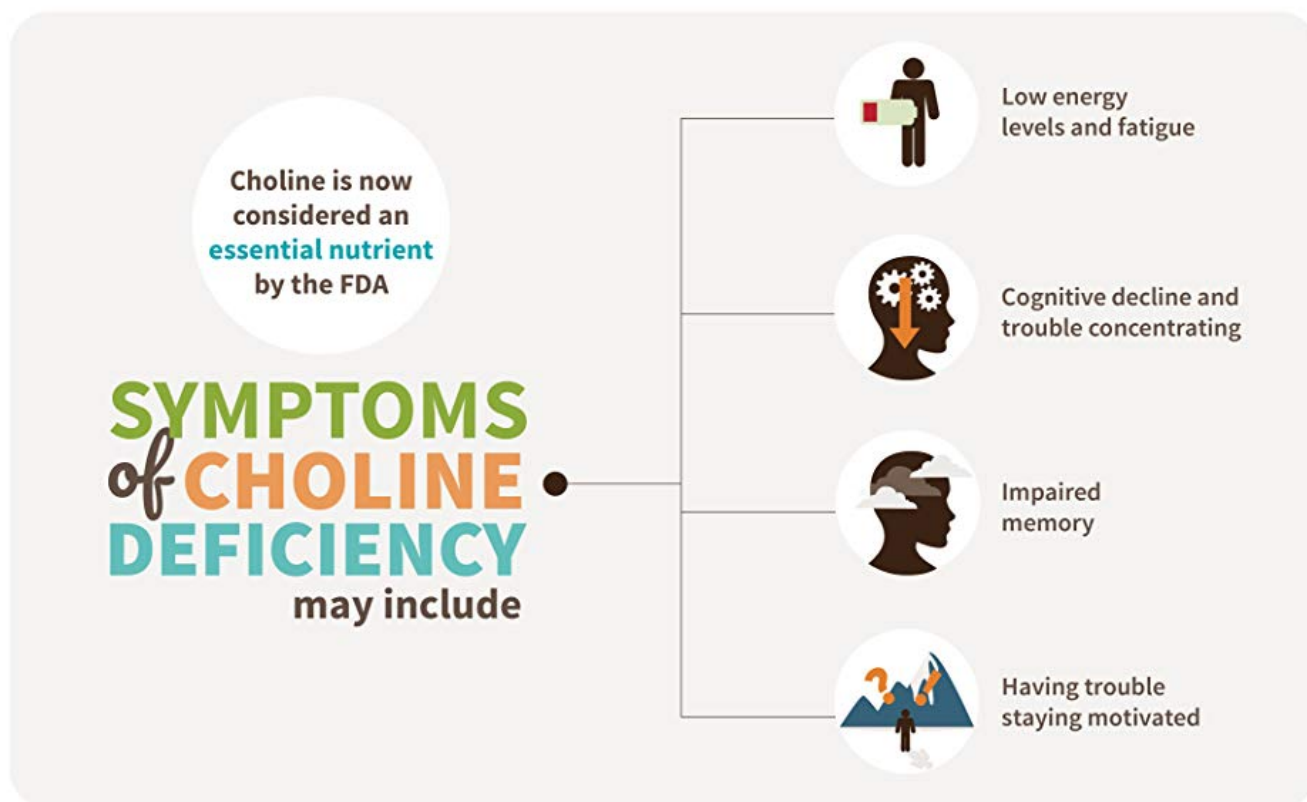
Double Wood[®] SUPPLEMENTS

CHOLINE,
the **ESSENTIAL NUTRIENT**
no one talks about

9 out of 10 Americans are **not** getting the recommended amount of Choline

The advertisement features a bottle of Double Wood Alpha-GPC 300 mg capsules on the left. The background is a light blue sky with white clouds. The text is in a mix of bold, sans-serif and script fonts. Below the main headline, there is a graphic of 10 human figures, with 9 of them in orange and 1 in black, representing the statistic that 9 out of 10 Americans are not getting enough choline.

Dietary Choline is **not** highly **absorbable** and supplementation is **recommended**



Double Wood®

ALPHA GPC CHOLINE

is the **most bioavailable** choline supplement on the market



JUST ONE CAPSULE PER DAY

will help **optimize** your Choline levels
and may provide the following **benefits**



Higher energy levels
during the day



Feeling more
motivated and being
able to stay on task



Improved memory and
cognitive function

Double Wood Supplements strives to
offer only the **highest quality** Alpha GPC supplement

**Our
ALPHA
GPC**



Gluten free



Made in the USA



Third party
tested for purity



Tested for
heavy metals
and microbes



Non-GMO



● **Optimize** your Choline levels and give
yourself the **cognitive edge** you need to
think your best and **be your best.**

According to the American College of Nutrition up to 90% of Americans are deficient in choline and it is recommended to supplement with a choline product. Alpha GPC is the most bioavailable form of Choline. This means it crosses the blood brain barrier more easily than other choline supplements and is most effective and replenishing choline levels. Optimizing choline levels may lead to improved cognitive function and increased motivation. Double Wood Supplement's Alpha GPC is manufactured in New York city and tested for purity right here in the USA. Please note this product is derived from soy and those with a soy allergy should not consume it. FDA Disclaimer: 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.

Product details

Product Dimensions: 1.5 x 2 x 3.1 inches ; 1.28 ounces

Shipping Weight: 1.6 ounces ([View shipping rates and policies](#))

ASIN: B00XWQSD7G

UPC: 743724354393 885370078374


Average Customer Review: 1,273 customer reviews

Amazon Best Sellers Rank: #1,601 in Health & Household ([See Top 100 in Health & Household](#))
#2 in [Choline Vitamin Supplements](#)

Product Warranty: For warranty information about this product, please [click here](#)

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Important information

Safety Information
Consult your physician before using this product. Do not consume more than 4 capsules per day. Do not take this product if you are pregnant, nursing, or taking any other medications. Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take Alpha GPC and operate any heavy machinery until you know how it affects you. Keep out of reach of children. Do NOT take if you have a Soy Allergy. Side effects include fatigue, headaches, nervousness, nausea, diarrhea, and GI problems.

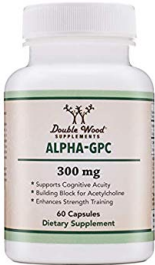
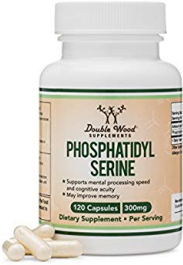
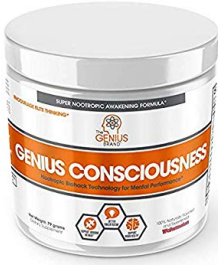
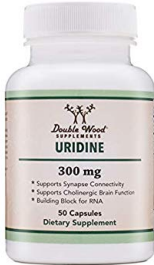
Indications
ALLERGEN NOTICE: SOY, NON-GMO and GLUTEN FREE. Side effects include fatigue, headaches, nervousness, nausea, diarrhea, and GI problems.

Legal Disclaimer
Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Ingredients
Active Ingredients: Alpha GPC - 300mg, Other Ingredients: Gelatin, Cellulose, Silicon Dioxide

Directions
Take 1-2 capsules (300-600mg) per day (with food) to support cholinergic brain function and enhance cognitive function.

Compare with similar items

			
<p>This item Alpha GPC Choline Supplement (Beginner Nootropic for Brain Support, Focus, Memory, Motivation, and Energy) Pharmaceutical Grade, Made in USA (60 Capsules 300mg)</p>	<p>PhosphatidylSerine 300mg Per Serving, Made in The USA, 120 Capsules (Phosphatidyl Serine Complex) by Double Wood Supplements</p>	<p>Genius Consciousness - Super Nootropic Brain Booster Supplement - Enhance Focus, Boost Concentration & Improve Memory Mind Enhancement with Alpha GPC & Lions Mane Mushroom for Neuro Energy & IQ</p> <p>#1 Best Seller</p>	<p>Uridine Monophosphate - Third Party Tested (Choline Enhancer, Beginner Nootropic) 300mg - 50 Capsules, Made in USA by Double Wood Supplements</p>

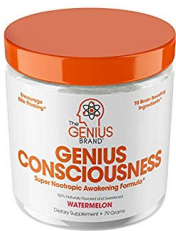
	Add to Cart	Add to Cart	Add to Cart	Add to Cart
Customer Rating	(1273)	(494)	(2079)	(379)
Price	\$19 ⁸⁵	\$19 ⁹⁵	\$37 ⁹⁹	\$18 ⁹⁵
Shipping	FREE Shipping on orders over \$25	FREE Shipping on orders over \$25	FREE Shipping on orders over \$25	FREE Shipping on orders over \$25
Sold By	Double Wood LLC	Double Wood LLC	Pacific Coast Naturals	Double Wood LLC
Directions	Take 1-2 capsules (300-600mg) per day (with food) to support cholinergic brain function and enhance cognitive function.	Take two 150mg capsules per day with meals	Assess your individual tolerance by mixing 1/2 scoop into 6-10 ounces of water (vary amount of water by taste preference) and consume 15-30 minutes before mental performance is required. If you experience any displeasing side effects, discontinue use and consult your doctor. To support maximum cognitive performance and energy, we recommend using 1 scoop in 8-12oz of cold water (vary amount of water by taste preference)	Take 1-2 capsules (300-600mg) per day to support cholinergic brain function and formation of synaptic connections.
Item Dimensions	1.5 x 2 x 3.13 in	1.5 x 2 x 3.1 in	2.95 x 2.95 x 2.95 in	1.5 x 2 x 3.13 in
Safety Warning	Consult your physician before using this product. Do not consume more than 4 capsules per day. Do not take this product if you are pregnant, nursing, or taking any other medications. Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take Alpha GPC and operate any heavy machinery until you know how it affects you. Keep out of reach of children. Do NOT take if you have a Soy Allergy. Side effects include fatigue, headaches, nervousness, nausea, diarrhea, and GI problems.	Please discontinue use and consult a physician if any adverse reactions occur. Possible side effects include insomnia and upset stomach. ALLERGEN NOTICE: SOY. Side effects may include nausea, headache, insomnia, upset stomach.	Do not take within 6 hours of bed. Not intended for persons under the age of 18. Do not use if pregnant or nursing. Consult a health care professional prior to consumption if you have any pre-existing medical conditions or are taking any prescription medications. Improper use of this product will not improve results and is potentially hazardous to a person's health. Use only as directed. Keep out of the reach of children. Store in a cool, dry place. Do not use if safety seal is missing or broken. This product contains ingredients, such as Acetyl-L-Carnitine, Alpha-GPC, L-Tyrosine, Caffeine, that have been known to be able to cause several side effects including but not limited to nausea, headache, skin rash, gastrointestinal issue, jittery etc.	Consult your physician before using this product. Do not consume more than 4 capsules per day. Do not take this product if you are pregnant, nursing, or taking any other medications. Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take uridine and operate any heavy machinery until you know how it affects you. Keep out of reach of children. Possible side effects include headaches, upset stomach, and nausea.

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Alpha GPC Premium Choline - Pure Pharmaceutical Grade 600 mg Servings - Support...

\$18.87



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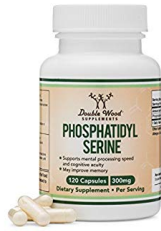
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Ad feedback

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1,273 customer reviews

4.5 out of 5 stars

5 star	<div></div>	79%
4 star	<div></div>	10%
3 star	<div></div>	3%
2 star	<div></div>	2%
1 star	<div></div>	6%

Customer images



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Read reviews that mention

By feature

Easy to swallow

4.8

Presentation

4.7

Flavor

4.6

See more

By customer groups & interests

Lucid Dreaming

4.7

Lions

4.7

Vitamins

4.6

See more

Is this feature helpful?

Yes

No

Review this product

Share your thoughts with other customers

Write a customer review

1,548

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Ad feedback

alpha gpc	brain fog	mental clarity	highly recommend
wood supplements	started taking	cognitive function	feel like
gpc choline	choline supplement	high quality	stay focused

Showing 1-8 of 1,273 reviews

Top Reviews

William

Mental boost with no downside or hangover effect

January 17, 2018

Verified Purchase

I'm studying neuroscience at Tulane U so I bought this product after learning about the neurotransmitter acetylcholine, hoping it would increase the acetylcholine concentrations in my brain. Acetylcholine is important for learning (Look up long term potentiation) as well as sleeping/dreaming. This product definitely helps both. From the first dose I took I felt like my mind was more *on* and that I was more mentally present. I was able to stay engaged in class and took better quality notes and was able to learn things quicker when I studied new Topics for the first time. Homework was less of a chore.

I have to do a lot of intense studying and drugs like adderall are commonly used by my peers. I avoid them because daily stimulants only work for a short time before the quality of your sleep and waking mental state deteriorate. However alpha GPC improves the quality of your sleep. I had more vivid dreams and woke up feeling more rested. I don't want to say this is some panacea but I have yet to find a downside to this product. It does make you more tired at night, but this makes sense because of the higher quality work your mind did during the day. And of course, you need to sleep to let your mind fully process the memories you made all day long.

Read more

470 people found this helpful

Helpful

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rc

Caution - Side Effects

June 2, 2018

Verified Purchase

I always start any new supplement with caution, so I took one capsule with food once per day, which is half the recommended dose. I have previously taken choline bitartrate without any issues. After three days, I tossed this out. I was experiencing brain fog, headaches, severe heartburn and stomach pain. I stopped the supplement and the fog and headaches disappeared within a day. The stomach issues took two weeks of Nexium to resolve. From the other reviews, it looks like this product works for most people. Didn't work for me.

156 people found this helpful

Helpful

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Volbriecht 12-18 hour daily Uber/Lyft guy VA

Our whole family uses Alpha GPC and Recommends it Frequently

February 5, 2018

Verified Purchase

I find Alpha GPC Choline to be absolutely amazing both my wife and myself use it daily. We started using it in small doses and the improvement in focus and memory is clear. We then up our doses to eight caps a day and well that did not disappoint it just improved even more. So we highly recommend this product to anyone needing a boost in their memory and focus.

Update:

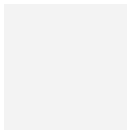
Our Stack includes

- Alpha-GPC 8 caps daily four in morning and four at afternoon or 24 our rotation 2 at 6am, 2 12pm, 2 6pm, 2 midnight.
- Sulbutiamine 1 morning and 1 night, we don't go past 2 morning and 2 night.
- Uridine 2 morning and 2 night or 1 at 6am, 1 12pm, 1 6m, 1 midnight.
- Pre-workout Sheer Pre-X take at 6am or split in half dose 6am and 6pm for max boost.

https://www.amazon.com/Alpha-Choline-Supplement-Pharmaceutical-Capsules/dp/B00XWQSD7G/ref=sr_1_57?keywords=brain+supplement&qid=1560867507&s...

8/11

This is our personal stack and warn we are not medical professional but rather this is a choice we make of our own will. The result will very from person to person.



101 people found this helpful

Helpful

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Amazon Customer

It's like you feel like you are on adderall without the ...

February 21, 2018

Verified Purchase

I normally am prescribed to adderall - but since the new restrictions for family practice doctors - I've been looking for alternative solutions. I'm honestly confused with this product. It's like you feel like you are on adderall without the rush (only your brain feels it - but it doesnt?) I started getting bad headaches the first few days taking it after a few hours so I stopped taking it. The company was great about understanding and offering a refund even though I was just asking if anyone reports headaches. I didn't follow through with the refund because I am lazy, have ADD, and figured I would probably try to take it again and didn't feel right taking the money back.

101 people found this helpful

Helpful

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David Michaels

You probably don't need this!

June 8, 2018

Verified Purchase

All these did for me was give me a terrible headache each day I took them (1 per day). I am an avid chess player and train with the same chess engine numerous times every day, so I used that as a basis to determine whether my cognitive abilities improved or not while taking this supplement. During the week that I took this supplement my cognitive abilities took a severe and noticeable nosedive. I dropped more than 200 rating points in my chess standings and was missing major pieces under obvious attack again and again. I also lost my energy and motivation to do anything.

Personally, I have experienced more benefits from having a good diet and exercise program. That's pretty much all you need to inject your mind and body with the proper "juices" for optimal performance.

58 people found this helpful

Helpful

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Skippy

Start with 1/2 dose.. work your way up!

March 3, 2017

Verified Purchase

Foggy head & fatigue if I take a full dose in the morning, but clear and focused if I spread it out 1/2 morning 1/2 evening.. highly recommend - Good Stuff!

148 people found this helpful

Helpful

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Amazon Customer

great for fatigue

October 5, 2017

Verified Purchase

amazing! I have Postural Orthostatic Tachycardial Syndrome. I decided to take this for brain fog, little did I know it would also work wonderfully for my fatigue. apparently some people with POTS have a problem making use of choline. So that explains that. I take 1200mg in 600mg twice a day if needed. (sometimes I skip the second dose if I'm feeling well!) planning on adding uridine to see if that helps further.

65 people found this helpful

Helpful

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Thomas Croyle

Alpha GPC is Great!

September 11, 2017

Verified Purchase

After reading an article about supplement recommendations for MTHFR mutations, which I have, I was intrigued about the importance of Choline. So, I started taking Double Wood Alpha GPC, and I was amazed with the results. Previous to taking Alpha GPC, I was becoming very forgetful, and I felt that my strength was fading. After taking the supplement for several weeks, I noticed my cognitive function improving, and my strength improved as well. I am very pleased with this supplement.

67 people found this helpful

Helpful

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This item: Alpha GPC Choline Supplement (Beginner Nootropic for Brain Support, Focus, Memory, Motivation, and Energy) Pharmaceutical Grade, Made in USA (60 Capsules 300mg)

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Uridine Monophosphate -
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\$18.95



[Ad feedback](#)

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