

Abridged Prescribing Information:

Active Ingredient: ALFA-GPC pastilles contain L-Alpha-Glycerylphosphorylcholine 400 mg.

Indication: Alfa-GPC is beneficial in all those conditions requiring acetylcholine augmentation and neuronal protection. These conditions include stroke, traumatic brain injuries, dementia of Alzheimer's disease, and vascular dementia.

Dosage & Administration: Starting dose of ALFA-GPC is one pastille three times a day (total dose 1200 mg/day); this is followed by the maintenance dose of one pastille two or three times a day (800-1200 mg/day) as per the requirements of the patient. ALFA-GPC pastilles can be sucked or chewed. **Contraindications:** No contraindication has been reported to the product. **Warnings & Precautions:** When taken with other cognitive enhancement products the individual servings may have to be adjusted in order to avoid possible, although rare, mild effects such as headache and nausea. Alfa-GPC should not be used in children below 10 years of age. **Pregnancy & Lactation:** Little is known about the use of Alfa-GPC in pregnant or breast-feeding women. Therefore, it is recommended that Alfa-GPC pastilles should not be used while pregnant or while breast-feeding. **Interaction:** Till date there are no known adverse reactions reported when taken in conjunction with other medications. **Adverse Reactions:** Alfa-GPC supplement may cause heartburn, nausea and vomiting, insomnia, restlessness, and headache in less than 1% of population. These problems are almost always considered mild and are usually resolved by lowering the dosage or discontinuing use. **Overdose:** No data available. *(For details, please refer full prescribing information)*

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