

## NEWS RELEASE

### For Immediate Release:

November 30, 2015

**Contact:** Chase Hagerman

512.823.2500

Chase@cheminutra.com

### **Alpha-GPC Shown To Increase Lower Body Force Production After 6 Days Of Supplementation - Advantageous For Speed And Power Athletes**

A study just published in the prestigious *Journal of the International Society of Sports Nutrition* (JISSN) proves that the oral consumption of AlphaSize® Alpha-Glycerol Phosphoryl (A-GPC), the only patented, full GRAS (GRN 000419) A-GPC ingredient compound in existence, is effective in increasing lower body force production after only six days of supplementation.

Athletes, sport performance coaches, and individuals are keenly interested in facilitating neuro-muscular adaptations that can translate to faster reaction time, and increased speed and strength. Alpha-GPC is a well-studied, potent, choline donor for acetylcholine biosynthesis, the primary neurotransmitter that resides in the motor neuron which controls speed of muscle contraction - hence muscular power output.

Exhaustive and repeated exercise can compromise motor neuron activity at the neuromuscular junction, and it is believed that motor neurons cannot manufacture and release acetylcholine fast enough to maintain transmission of the action potential from the motor neurons to the muscles. In recent years, the theory that peripheral signaling fatigue is a primary contributing factor to muscular fatigue and loss of strength has gained much support in the scientific community.

In this randomized, placebo-controlled, double-blind, crossover study led by David Bellar, PhD, University of Louisiana-Lafayette, along with co-workers, involved 13 college aged males, who were engaged in resistance exercise bouts consisting of isometric mid-thigh pulls in a squat cage (Rogue Fitness, Columbus, OH) on a force platform (Advanced Materials Technologies, Inc., Watertown, MA) as well as upper body isometric tests against a high frequency load cell (iLoad Pro, Loadstar Sensors, Fremont, CA). The goal of the study was to determine whether six days supplementation with 600 mg Alpha-GPC (AlphaSize®) would provide greater change in lower and upper body baseline force production.

For the lower body test, Alpha-GPC treatment resulted in significantly greater isometric mid-thigh pull peak force change from baseline ( $p=0.044$ ) compared to placebo. For the upper body test, Alpha-GPC treatment trended towards greater change from baseline force production but failed to obtain statistical significance ( $p=0.127$ ). The data demonstrated a large effect size, suggesting the variability of subject's upper body strength limited statistical power, however, it is likely that a real effect exists for this upper body strength data.



Applying magnitude based inference suggests that Alpha-GPC was 68.3% likely beneficial for increasing upper body isometric force, and 86.5% likely beneficial for increasing lower body isometric force production.

“Chemi Nutra continues to explore how its branded, patented, AlphaSize® Alpha-Glyceryl Phosphoryl Choline (A-GPC) can improve exercise performance, by focusing on its powerful role in facilitating explosive power output, speeding up reaction time, improving jumping ability, improving eye-hand coordination, and of course improving all cognitive measure - focus, memory, learning, and recall.”

“Now we have a number of university studies that demonstrate just how powerful Alpha-GPC can be for individuals engaged in various exercise regimens. Currently we have evidence from other research studies that our Alpha-GPC can be more effective than caffeine in a number of performance outcome measures, and this is important for youth and adults who want to avoid caffeine or reduce their caffeine use, and for those who exercise in the evening, for example,” said Scott Hagerman, President of Chemi Nutra, sponsor of the study, and global leader in production, research, and intellectual property surrounding Alpha-GPC.

Chemi Nutra is the US business unit of parent company Chemi S.p.A., a privately held pharmaceutical and nutraceutical company based in Milan, Italy. Chemi, with cGMP certified manufacturing facilities in Italy and Brazil, is best known in the global nutritional arena for its introduction of SerinAid® PhosphatidylSerine (PS) and AlphaSize® Alpha-Glyceryl Phosphoryl Choline (A-GPC), widely used, patented, health benefiting dietary supplement ingredient compounds used to enhance learning, memory, and concentration, exercise performance, power output, youthful wellbeing, and to reduce stress.

-- End --