

The PureSYNAPSE™ Behavioral Health Protocol: How to Address Obsessive Thinking & Habits‡

Developed with James Greenblatt, M.D.†

Clinical Objective‡	Assessment	Product Recommendations†	Dosing
Support serotonin response to help lessen occasional nervous tension	<ul style="list-style-type: none"> Assessment not necessary 	Inositol (powder) Order Code: INP2	1 scoop, 2-3 times daily, with or between meals
Support serotonin response to help support relaxation		SeroPlus Order Code: SOP1	2 capsules, 1-2 times daily, between meals
Support glutathione production and antioxidant defenses	<ul style="list-style-type: none"> Oxidative Stress Analysis 2.0 (Genova Diagnostics) 	NAC (N-Acetyl-L-Cysteine) 600 mg Order Codes: NA69 / NA61 / NA63	1 capsule, 1-3 times daily, between meals
Support healthy magnesium status to promote sleep, positive mood and relaxation	<ul style="list-style-type: none"> RBC magnesium 	Magnesium (glycinate) Order Codes: MGL4 (liquid) MG9 / MG1 / MG3 (capsules)	2 teaspoons daily, with a meal or 1-4 capsules daily, with meals
Support gut health and cytokine balance	<ul style="list-style-type: none"> Organic acids 	Probiotic-5 Order Code: PRB6	1 capsule, 1-2 times daily, with or between meals
Promote dopamine and serotonin neurotransmitter activity	<ul style="list-style-type: none"> Trace mineral hair analysis Urine lithium (ZRT Laboratory) 	Lithium liquid Order Code: LIL2	1 full dropper daily, with a meal

Other tests to consider: All individuals should be tested for vitamin B₁₂, vitamin D status, and MTHFR genotype.* The results of these tests should be addressed prior to starting this protocol.

*Genetic testing information is available through PureGenomics. Visit [PureGenomics.com](https://www.puregenomics.com) to learn more.

†Please note that patients may not require all supplements listed.

‡Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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Available for download at [PureEncapsulations.com/puresynapse-protocols](https://www.pureencapsulations.com/puresynapse-protocols)



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