

PureSYNAPSE™

Memory Support Protocol‡

DEVELOPED WITH JAMES GREENBLATT, M.D.*

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS†	DOSING
Support healthy synaptic density and plasticity	• Assessment not necessary	CurcumaSorb Mind Order Code: MCUM6	2-4 capsules, 1-2 times daily, with meals
Support neuronal communication by increasing phospholipid composition		CogniPhos Order Code: CGP1	2 capsules, 1-2 times daily, with meals
Promote the production of dopamine to support daily performance of mental tasks	• COMT Val 158 Met Genotype* (val/val requires dopamine support)	DopaPlus Order Code: DOP1	3 capsules, 1-2 times daily, between meals
Promote dopamine and serotonin neurotransmitter activity	• Trace mineral hair analysis	Lithium (orotate) 1 mg Order Code: LI19 or Lithium (orotate) 5 mg Order Codes: LI9 / LI1	1 capsule daily, with a meal 1 capsule daily, with a meal
Support methylation status	• Serum B ₁₂ • MTHFR Genotype* (C677T and A1298C)	PureMelt B₁₂ Folate Order Codes: PMLB9	1 lozenge, 1-2 times daily, with or between meals
		PureGenomics® Multivitamin Order Codes: PGM26	1 capsule daily, with a meal
Support glutathione production and antioxidant defenses	• 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

Other tests to consider: All individuals should be tested for vitamin D status, which should be optimized prior to starting this protocol. Consider Mini Mental State Exam (MMSE) to assess and monitor memory/cognitive performance.

Available for download at PureEncapsulations.com/puresynapse

*Genetic testing information is available through PureGenomics®. Visit PureGenomics.com to learn more.

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

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

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.