### PureSYNAPSE™
#### Healthy Eating Behavior Protocol: How to Address Excessive Eating

**DEVELOPED WITH JAMES GREENBLATT, M.D.**

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| Promote the production of serotonin and dopamine | Assessment not necessary | **NeuroPure**  
Order Code: NOP1 | 2 capsules, 1-2 times daily, between meals |
| Provide building blocks for neurotransmitter synthesis | Serum or urine amino acids | **Amino Replete**  
Order Code: AMR2 | 2-4 capsules, 1-2 times daily, with meals |
| Support methylation status | Serum B12  
MTHFR Genotype*  
(C677T and A1298C) | **PureMelt B12 Folate**  
Order Code: PMLB9 | 1 capsule, 1-2 times daily, with meals |
| Support healthy omega-3 status to support neuronal health and cytokine balance | Omega-3 testing | **EPA/DHA essentials**  
Order Codes: ED19 / ED11  
or  
**EPA/DHA liquid (lemon flavor)**  
Order Code: EDL2 | 1-2 softgel capsules daily, with a meal  
or  
1 teaspoon daily, with a meal |
| Support healthy magnesium status to promote sleep, positive mood and relaxation | 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 normal gluten, casein, beta-lactoglobulin and lactose digestion | Urinary peptides | **Gluten/Dairy Digest**  
Order Codes: GDD6 / GDD1 | 1 capsule as needed, with a meal |

*Other tests to consider: All individuals should be tested for vitamin D status, which should be optimized prior to starting this protocol.  
Weight Management Profile (ZRT Laboratory), which includes markers for estradiol, progesterone, testosterone, DHEA-S, cortisol, TSH, vitamin D, insulin, and HbA1c.

Available for download at [PureEncapsulations.com/puresynapse](http://PureEncapsulations.com/puresynapse)

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*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.  
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