## PureSYNAPSE™

### Mood Support Protocol‡

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

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE†</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATIONS‡</th>
<th>DOSING</th>
</tr>
</thead>
</table>
| Provide building blocks for neurotransmitter synthesis | • Serum or urine amino acids | **Amino Replete**  
Order Code: AMR2 | 1 scoop daily, mixed with 8 oz of water or juice, between meals |
| Support serotonin production to promote positive mood | • NeuroAdvanced Profile (ZRT Laboratory)** | **SeroPlus**  
Order Code: SOP1 | 2 capsules, 1-2 times daily, between meals |
| Support neurotransmitter receptor function | • Trace mineral hair analysis | **Lithium (orotate) 1 mg**  
Order Code: LI19  
or  
**Lithium (orotate) 5 mg**  
Order Code: LI9 / LI1 | 1 capsule daily, with a meal  
1 capsule daily, with a meal |
| Support healthy response to mental stress | • Cortisol panel, AM and PM | **Rhodiola Rosea**  
Order Codes: RR9 / RR1 | 1 capsules, 1-2 times daily, between meals |
| Support healthy magnesium status to support 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 methylation status | • Serum B₁₂  
• MTHFR Genotype* (C677T and A1298C) | **PureMelt B₁₂ Folate**  
Order Code: PMLB9  
**PureGenomics® Multivitamin**  
Order Code: PGM26 | 1 capsule, 1-2 times daily, with or between meals  
1 capsule 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.

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.

**The NeuroAdvanced Profile (ZRT Laboratory) includes the neurotransmitter markers GABA, glutamate, glycin, dopamine, epinephrine, histamine, norepinephrine, serotonin, phenethylamine, DOPAC, HVA, 5-HIAA, normetanephrine, and VMA.

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

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

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