

PureSYNAPSE™

Mood Support Protocol‡

DEVELOPED WITH JAMES GREENBLATT, M.D.*

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS†	DOSING
Provide building blocks for neurotransmitter synthesis	<ul style="list-style-type: none">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	<ul style="list-style-type: none">NeuroAdvanced Profile (ZRT Laboratory)**	SeroPlus Order Code: SOP1	2 capsules, 1-2 times daily, between meals
Support neurotransmitter receptor function	<ul style="list-style-type: none">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 healthy response to mental stress	<ul style="list-style-type: none">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	<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 methylation status	<ul style="list-style-type: none">Serum B₁₂MTHFR Genotype* (C677T and A1298C)	PureMelt B₁₂ Folate Order Code: PMLB9	1 capsule, 1-2 times daily, with or between meals
		PureGenomics® Multivitamin Order Code: PGM26	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

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

**The NeuroAdvanced Profile (ZRT Laboratory) includes the neurotransmitter markers GABA, glutamate, glycine, 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.

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

PEP-PS-MS121

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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