### PureSYNAPSE™
#### Sleep 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>
| Support the body’s circadian rhythm, onset of sleep, and sleep efficiency | • Sleep Balance Home Testing (ZRT Laboratory)** | **Melatonin 3 mg**  
Order Codes: ME36 / ME31 | 1 capsule daily, ½ to 1 hour before bedtime |
| Promote serotonin synthesis | • Self-reported stress level | **SeroPlus**  
Order Code: SOP1 | 2 capsules, 1-2 times daily, between meals |
| Support inhibitory neurotransmission to promote relaxation and moderate occasional stress | • RBC magnesium | **GlyMag-Z**  
Order Code: GMZB3  
GMZB3 stick pack daily, mixed with 8 oz water, 30-60 minutes before bedtime (on an as-needed basis) | |
| | • Self-reported stress level | **Magnesium (glycinate)**  
Order Codes: MGL4 (liquid)  
MG9 / MG1 / MG3 (capsules) | 2 teaspoons daily, with a meal  
or  
1-4 capsules daily, with meals |
| | | **l-Theanine**  
Order Code: LTH6 / LTH1 | 2 capsules, 1-3 times daily, between meals |

**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)

---

**Notes:**
- The Sleep Balance Profile (ZRT Laboratory) includes markers for cortisol, melatonin, norepinephrine, and epinephrine.
- 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.