

PureSYNAPSE™

Sleep Support Protocol[†]

DEVELOPED WITH JAMES GREENBLATT, M.D.[†]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS [†]	DOSING
Support the body's circadian rhythm, onset of sleep, and sleep efficiency	<ul style="list-style-type: none">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	<ul style="list-style-type: none">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	<ul style="list-style-type: none">RBC magnesium	GlyMag-Z Order Code: GMZB3	GMZB31 stick pack daily, mixed with 8 oz water, 30-60 minutes before bedtime (on an as-needed basis)
		Magnesium (glycinate) Order Codes: MGL4 (liquid) MG9 / MG1 / MG3 (capsules)	2 teaspoons daily, with a meal or 1-4 capsules daily, with meals
	<ul style="list-style-type: none">Self-reported stress level	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

**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.

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



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