

PureSYNAPSE™

The Integrative Mental Health Protocol for Foundational Support‡

DEVELOPED WITH JAMES GREENBLATT, M.D.*

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS†	DOSING
Essential Nutrients Support for adequate nutrient status in men and women (All products are recommended)	<ul style="list-style-type: none"> Micronutrient testing, specifically magnesium and vitamin B₁₂ and D 	O.N.E.™ Multivitamin Order Code: ONE1/ONE6	1 capsule daily, with a meal.
		Magnesium (glycinate) Order Codes: MGL4 (liquid) MG9 / MG1 / MG3 (capsules)	Liquid: 2 teaspoons daily, with a meal. Capsules: 1 capsule with breakfast, lunch and dinner.
		PureMelt B₁₂ Folate Order Code: PLMB9	1 lozenge, 1-2 times daily, with or between meals. Allow tablet to dissolve in mouth and swallow.
Cytokine Balance Support for healthy omega-3 status, neuronal health and cytokine balance	<ul style="list-style-type: none"> Omega-3 testing 	EPA/DHA essentials Order Codes: ED19 / ED11	1 softgel with breakfast, lunch and dinner.
Neurotransmitter Synthesis Provides amino acid precursors necessary for the synthesis of neurotransmitters	<ul style="list-style-type: none"> Serum or urine amino acids 	Amino Replete Order Code: AMR2	1 scoop before breakfast.
Healthy Mental Function Support for mood, emotion, memory and behavior	<ul style="list-style-type: none"> Trace mineral hair analysis 	Lithium (orotate) Order Codes: LI1, LI9 (5 mg); LI19 (1 mg)	1 capsule daily.
Cognitive Function Support for daily mood, memory and mental sharpness (Choose from the products listed)	<ul style="list-style-type: none"> Self-reported cognitive function 	CogniPhos Order Code: CGP1	2 capsules, 1-2 times daily, with meals.
		CurcumaSorb Mind Order Codes: MCUM6 (capsules) CMESB3 (EasySticks)	Capsules: 1 capsule with breakfast and dinner. EasySticks: 1 stick pack sprinkled directly in the mouth, with a meal. Powder will require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.

Available for download at PureEncapsulations.com/puresynapse

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

*Dr. James 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 & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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