

PureWoman™

Cardiometabolic Protocol‡

DEVELOPED WITH DR. FELICE GERSH, M.D.*

This protocol was developed with Dr. Felice Gersh, M.D., a women's health expert who is board-certified in both OB/GYN and Integrative Medicine. The protocol includes Dr. Gersh's recommendations for several clinical objectives related to cardiometabolic health.‡ Find additional protocols, brochures and video recordings at PureEncapsulationsPro.com/PureWoman.

CLINICAL OBJECTIVE	ASSESSMENT	PRODUCT RECOMMENDATIONS†	DOSING
Gut Microbiome Support for regularity, short chain fatty acid production and gut microbiome balance‡	Comprehensive stool analysis	PureLean® Fiber Order Code: PLFX3	1 serving, 1-3 times daily, mixed with a beverage. Adequate water intake is recommended
		Probiotic 50B Order Code: PR56	1 capsule daily, with or between meals
Healthy Blood Flow Support for nitric oxide production and healthy blood flow‡	Asymmetric dimethylarginine	Nitric Oxide Ultra (capsules) Order Code: NXC1	2 capsules, 1-2 times daily, between meals
Lipid Metabolism Support for lipid metabolism and overall cardiometabolic health‡	Advanced lipid profile	CholestePure Plus II‡ Order Code: CHP21	2 capsules, 1-2 times daily, with meals
Glucose Homeostasis Support for healthy insulin function and glucose metabolism‡	Insulin HbA1c	Metabolic Xtra Order Code: MX29	1 capsule, 1-3 times daily, with meals

Available for download at PureEncapsulationsPro.com/PureWoman

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

*Dr. Felice Gersh is a retained advisor to Pure Encapsulations.

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

‡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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