**General Health & Wellness Protocol**

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS

This protocol provides product recommendations that support overall health and wellness in adults. 

**FOUNDATIONAL SUPPORT**

Wellness is all about building a solid foundation. In addition to a healthy diet and lifestyle, consider the following products to support general health and well-being:

- **O.N.E.™ Multivitamin** (ONE1 / ONE6 / ONE3)
- **O.N.E.™ Omega** (ONO6 / ONO3)

**FOCUSED SUPPORT**

The products in this category support common clinical objectives related to foundational health. Choose from the options listed below.

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE†</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATIONS#</th>
<th>DOSING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Magnesium Levels</td>
<td>Total serum magnesium</td>
<td><strong>Magnesium Glycinate</strong> (Order Code: MG1 / MG3 / MG9) Highly bioavailable magnesium chelate that is less likely to cause loose stools compared to other forms of magnesium†</td>
<td>1-4 capsules daily, with food</td>
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<tr>
<td>Healthy Vitamin D Levels</td>
<td>25-hydroxy vitamin D</td>
<td><strong>Vitamin D</strong> (Order Code: VDS1 / VDS2 / VDS6) Supports musculoskeletal, cardiovascular, neurocognitive, cellular, and immune health†</td>
<td>1 capsule daily, with food</td>
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<tr>
<td>Gastrointestinal Health &amp; Comfort</td>
<td>Stool microbial diversity</td>
<td><strong>Probiotic G.I.</strong> (Order Code: PRB6) A shelf-stable blend of six probiotic strains (10 billion CFUs) to support healthy barrier integrity and immune function in the G.I. tract†</td>
<td>1 capsule, 1-2 times daily, with or between meals</td>
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</tbody>
</table>

Available for download at [PureEncapsulationsPro.com/Protocols](http://PureEncapsulationsPro.com/Protocols)

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use of any dietary supplements.

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