

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.[‡]

CLINICAL OBJECTIVE [†]	ASSESSMENT	PRODUCT RECOMMENDATIONS ^{‡†}	DOSING
Healthy Magnesium Levels	Total serum magnesium	Magnesium Glycinate (Order Code: MG1 / MG3 / MG9) Highly bioavailable magnesium chelate that is less likely to cause loose stools compared to other forms of magnesium [‡]	1-4 capsules daily, with food
Healthy Vitamin D Levels	25-hydroxy vitamin D	Vitamin D (Order Code: VD51 / VD52 / VD56) Supports musculoskeletal, cardiovascular, neurocognitive, cellular, and immune health [‡]	1 capsule daily, with food
Gastrointestinal Health & Comfort	Stool microbial diversity	Probiotic G.I. (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 [‡]	1 capsule, 1-2 times daily, with or between meals

Available for download at PureEncapsulationsPro.com/Protocols

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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.



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