

Sleep Protocol[‡]

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol was designed by our clinician partners to help you deliver the most effective care and support for your patient's unique sleep needs. In addition to foundational interventions, consider the following clinical objectives: sleep onset and efficiency, glucose homeostasis, occasional stress, circadian rhythm, restful sleep, and cytokine balance.[‡]

FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational products to support overall health and well-being:[‡]

- **O.N.E.™ Multivitamin** (ONE1 / ONE6 / ONE3)
- **O.N.E.™ Omega** (ONO6 / ONO3)
- **Magnesium Glycinate** (MG1 / MG3 / MG9)

FOCUSED SUPPORT

The products in this category support common clinical objectives related to sleep. Choose from the options listed below:[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Sleep Onset & Efficiency	Symptom survey	<u>Best-Rest Formula</u> (Order Code: BRF1/BRF6) A combination of flower extracts and natural ingredients promote restful sleep [‡]	2 capsules, 30-60 minutes before bedtime
		<u>Best-Rest Gummy</u> (Order Code: BRG6) Great-tasting triple-action support for relaxation, sleep onset and restful sleep [‡]	2 gummies daily, 30-60 minutes before bedtime
Glucose Homeostasis	Insulin, HbA1c	<u>Metabolic Xtra</u> (Order Code: MX29) Berberine, chromium, alpha lipoic acid and resveratrol support insulin receptor function and healthy glucose metabolism [‡]	1 capsule, 1-3 times daily, with meals
Occasional Stress	Salivary Cortisol, Symptom Survey	<u>Daily Stress Formula[‡]</u> (Order Code: DSF1/DSF9) Broad-spectrum formula designed to promote mental relaxation and moderate the effects of occasional stress [‡]	3 capsules daily, with or between meals

[‡]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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ADDITIONAL CONSIDERATIONS

The products in this category offer alternative or added support. Choose from the options listed below:

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Circadian Rhythm	Symptom survey	Melatonin 3 mg (Order Code: ME31/ME36) Supports the body's natural sleep cycle†	1 capsule daily, ½ to 1 hour before bedtime
Restful Sleep	Symptom survey	Glycine 180's (Order Code: GL1) Supports restful sleep and detoxification†	3 capsules, 1-2 times daily, between meals
Cytokine Balance	ESR, CRP	CurcumaSorb 180's (Order Code: MCU1) Highly bioavailable curcumin phytosome, Meriva®, supports joint, tissue and cellular health†	2 capsules, 1-3 times daily, between meals

Available for download at PureEncapsulationsPro.com/Protocols

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Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable® is a trademark of Indena S.p.A.

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