### CLINICAL OBJECTIVE

<table>
<thead>
<tr>
<th>Sleep Onset &amp; Efficiency</th>
<th>Glucose Homeostasis</th>
<th>Occasional Stress</th>
</tr>
</thead>
</table>

### ASSESSMENT

- **Symptom survey**
- **Insulin, HbA1c**
- **Salivary Cortisol, Symptom Survey**

### PRODUCT RECOMMENDATIONS

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>A combination of flower extracts and natural ingredients promote restful sleep(^1)</td>
<td>Berberine, chromium, alpha lipoic acid and resveratrol support insulin receptor function and healthy glucose metabolism(^2)</td>
<td>Broad-spectrum formula designed to promote mental relaxation and moderate the effects of occasional stress(^3)</td>
</tr>
</tbody>
</table>

### DOSING

- 2 capsules, 30–60 minutes before bedtime
- 2 gummies daily, 30–60 minutes before bedtime
- 1 capsule, 1–3 times daily, with meals
- 3 capsules daily, with or between meals

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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.\(^1\)

### FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational products to support overall health and well-being:\(^2\)

- **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:\(^2\)
### ADDITIONAL CONSIDERATIONS

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

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

Available for download at PureEncapsulationsPro.com/Protocols

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1These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.