

Positive Mood 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 mood. In addition to foundational interventions, consider the following underlying factors that can commonly impact mood and emotional well-being: neurotransmitters, inflammatory balance, gut health, stress and methylation.[‡]

FOUNDATIONAL SUPPORT

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

- [O.N.E.™ Multivitamin](#) (ONE1 / ONE3 / ONE6)
- [O.N.E.™ Omega](#) (ONO3 / ONO6)
- [ProbioMood](#) (PBM6)
- [Magnesium \(glycinate\)](#) (MG1 / MG3 / MG9)

FOCUSED SUPPORT

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

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Neurotransmitter Support	Urine Neurotransmitter Analysis	NeuroPure (Order Code: NOP1) Offers key nutrients to support overall neurotransmitter function, neuronal health and emotional balance [‡]	2 capsules, 1-2 times daily, between meals
		Emotional Wellness (Order Code: EW1/ EW6) Supports emotional and mental well-being and moderates occasional stress [‡]	1 capsule, 1-3 times daily, between meals
Cytokine Balance	ESR, CRP	CurcumaSorb Mind (Order Code: MCUM6) Curcumin and polyphenol blend to promote mood, memory and mental sharpness [‡]	2 capsules, 1-2 times daily, with meals
Gut Health	Stool Microbiome	Poly-Prebiotic powder (Order Code: PPRP1) A unique powdered blend of prebiotic fibers and polyphenols to support gastrointestinal, cellular and immune function [‡]	1 serving, 1-2 times daily, mixed with a beverage or into food

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



Healthy Stress Response	Cortisol panel AM and PM	<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
Methylation Support	Serum B12, MTHFR Genotype	<u>PureGenomics® B-Complex</u> (Order Code: PGB1) Broad-spectrum B vitamin support for common genetic variations [†]	1 capsule daily with a meal

ADDITIONAL CONSIDERATIONS

The products in this category offer alternative or added support for mood. Choose from the options listed below:[†]

CLINICAL OBJECTIVE [†]	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Neurotransmitter Activity	Trace mineral hair analysis	<u>Lithium (orotate) 1 mg</u> (Order Code: LI19) Supports emotional wellness, mood and behavior [†]	1 capsule daily with a meal
Healthy Vitamin D Levels	25-hydroxy vitamin D	<u>Vitamin D₃ 125 mcg (5,000 IU)</u> (Order Code: VD51/ VD52/ VD56) Supports musculoskeletal, cardiovascular, neurocognitive, cellular and immune health [†]	1 capsule daily with food

Available for download at PureEncapsulationsPro.com/Protocols