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:‡

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

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

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

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| Neurotransmitter Activity | Trace mineral hair analysis | **Lithium (orotate) 1 mg**  
(Order Code: LI19)  
Supports emotional wellness, mood and behavior | 1 capsule daily with a meal |
| Healthy Vitamin D Levels | 25-hydroxy vitamin D | **Vitamin D₃ 125 mcg (5,000 IU)**  
(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](https://PureEncapsulationsPro.com/Protocols)

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