

# PMS Protocol<sup>‡</sup>

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol was designed with our clinician partners to help you deliver the most effective care and support for your patients. Included are recommendations to support foundational health and focused interventions to address common clinical objectives.<sup>‡</sup>

## FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:<sup>‡</sup>

- [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 PMS.

Choose from the options listed below:<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS <sup>‡</sup>	SUGGESTED USE
Comprehensive PMS Support	Occasional mood disturbances, fatigue, cravings, GI and physical discomfort	<b><a href="#">PMS Essentials</a></b> (Order Code: PMS21) A comprehensive blend of nutrients and botanicals to support mood, cravings, cramps and bloating associated with the menstrual cycle <sup>‡</sup>	2 capsules, 1-2 times daily, with meals
Sleep	Occasional delayed sleep onset	<b><a href="#">Best-Rest Formula</a></b> (Order Code: BRF1 / BRF6) Promotes the onset of sleep as well as healthy sleep quality <sup>‡</sup>  Also available as <b><a href="#">Best-Rest Gummy</a></b> (BRG6)	2 capsules, 30-60 minutes before bedtime
GI Comfort	Occasional diarrhea and abdominal discomfort	<b><a href="#">PureGG 25B</a></b> (Order Code: PGG6) Shelf-stable; highly researched probiotic to support abdominal comfort, bowel motility and occasional diarrhea <sup>‡</sup>	1 capsule daily, with or between meals

<sup>‡</sup>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. Choose from the options listed below:‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS‡	SUGGESTED USE
<b>Stress &amp; Mood</b>	Occasional stress and/or mood disturbances	<p><b>L-Theanine</b></p> <p>(Order Code: LTH1 / LTH6)</p> <p>Promotes relaxation without causing drowsiness and may promote premenstrual support including healthy mood‡</p>	2 capsules, 1-3 times daily, between meals
<b>Food Cravings</b>	Cravings for carbohydrate-rich foods	<p><b>CarbCrave Complex</b></p> <p>(Order Code: CCC9)</p> <p>Moderates carbohydrate intake and helps lessen appetite by supporting neurotransmitter function‡</p>	2 capsules, 3 times daily, with or before meals
<b>Energy Reserves</b>	Occasional fatigue	<p><b>Phyto-ADR</b></p> <p>(Order Code: PHY1/ PHY6)</p> <p>Supports the health and activity of the adrenal glands and supports optimal energy reserves‡</p>	1 capsule daily, between meals

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Available for download at [PureEncapsulationsPro.com/Protocols](https://PureEncapsulationsPro.com/Protocols)

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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