

# Menopausal Comfort Protocol<sup>‡</sup>

Developed in collaboration with Felice Gersh, M.D.<sup>+</sup>



Menopausal Comfort Protocol can be used throughout the menopausal transition and during the subsequent menopausal years. The duration of use should be based on each patient's individual needs, and adjustments may be needed as patients advance into postmenopause.

## FOUNDATIONAL SUPPORT

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

- [Women's Nutrients](#) (WN1)
- [Probiotic G.I.](#) (PGI6)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Magnesium glycinate](#) (MG1 / MG3 / MG9)

## FOCUSED SUPPORT

The products in this category support common clinical objectives related to menopause.<sup>‡</sup>

Choose from the options listed below:

| CLINICAL OBJECTIVE <sup>‡</sup>           | ASSESSMENT                       | PRODUCT RECOMMENDATIONS  | SUGGESTED USE  |
|---|----------------------------------|--|--|
| <b>Menopausal Comfort and Hot Flashes</b> | Self-reported menstrual symptoms | <b>MenoVive</b><br>(Order Code: MOV6)<br>Broad-range support for menopausal health and comfort. <sup>‡</sup>   | 1 capsule, twice daily, with meals   |
| <b>Hormone Balance</b>                    | Serum DHEA-S                     | <b>DHEA 25 mg</b><br>(Order Code: DH26)<br>Micronized; supports healthy DHEA levels. <sup>‡</sup>  | 1 capsule, 1-2 times daily, with meals   |
| <b>Antioxidant &amp; Detoxification</b>   | MSQ                              | <b>Liver-G.I. Detox</b><br>(Order Code: LGD1)<br>Dual support for liver and gastrointestinal detoxification. <sup>‡</sup><br><br>OR<br><b>NAC 600 mg</b><br>(Order Code: NA61 / NA63 / NA69)<br>Supports respiratory function, glutathione production and detoxification. <sup>‡</sup><br><br>Also available as<br><b>NAC 900 mg</b> | 2 capsules daily, with a meal<br><br><br>1 capsule, 1-3 times daily, between meals |

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

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use of any dietary supplements.

Please note that patients may not require all supplements listed.

<sup>+</sup>Dr. Felice Gersh is a retained consultant for Pure Encapsulations.

<sup>‡</sup>This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



800.753.2277 | [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com)

Pure Encapsulations is a registered trademark.

**pure**  
encapsulations<sup>®</sup>

## FOUCUSED SUPPORT (CONTINUED)

The products in this category support common clinical objectives related to menopause.‡

Choose from the options listed below:

| CLINICAL OBJECTIVE†    | ASSESSMENT   | PRODUCT RECOMMENDATIONS   | SUGGESTED USE   |
|------------------------|--|---|---|
| <b>Stress and Mood</b> | <p>Self-reported mood and stress</p> <p>and/or</p> <p>Questionnaires:<br/>Validated mental health questionnaires</p> | <p><b><u>Emotional Wellness</u></b><br/>(Order Code: EW6)<br/>Supports emotional and mental well-being.‡</p> <p>OR</p> <p><b><u>Cortisol Calm</u></b><br/>(Order Code: COR1 / COR6)<br/>Supports relaxation, sleep and mood.‡</p> | <p>1 capsule,<br/>1-3 times daily, between meals</p> <p>1 capsule in the morning<br/>and 1 capsule in the evening,<br/>with meals</p> |
| <b>Sleep</b>           | <p>Self-reported sleep quality</p> <p>and/or</p> <p>Questionnaires:<br/>PSQI</p>                                     | <p><b><u>Best Rest</u></b><br/>(Order Code: BRF1)<br/>Promotes restful sleep.‡</p>  | <p>2 capsules,<br/>30-60 minutes before bedtime</p>   |

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.

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use of any dietary supplements.

Please note that patients may not require all supplements listed.

†This statement has not been evaluated by the Food & Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

800.753.2277 | [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com)  
Pure Encapsulations is a registered trademark.



**pure**  
encapsulations®