

Mild Age-Related Cognitive Decline Protocol[‡]

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 related to cognitive health.[‡]

FOUNDATIONAL SUPPORT

Diet:

- Anti-inflammatory, phytonutrient-rich diet
- Adequate calorie intake and recommended protein intake:
 - Minimum 1.2-2.2 g/kg of ideal body weight per day
 - Postmenopausal women: 1.8-2.3 g/kg of ideal body weight per day

Occasional Stress:

- Journaling
- Breathwork
- Meditation/guided imaging
- Progressive relaxation
- Tapping
- Gratitude practices
- Recommended supplement: [Sereniten Plus](#) (SRP4) or [Daily Stress Formula](#)[‡] (DSF1 / DSF9)

Sleep:

- Implement [sleep hygiene](#) behaviors to promote high quality, restful sleep.
- Recommended supplement: [Best-Rest Formula](#) (BRF1 / BRF6)

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

- [Longevity Nutrients](#) (LGN21 / LGN22)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Probiotic G.I.](#) (PGI6)
- [Magnesium \(glycinate\)](#) (MG1 / MG3 / MG9)
- [Vitamin D₃ 25 mcg \(1,000 IU\)](#) (VD11 / VD12 / VD16)

FOCUSED SUPPORT

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

CLINICAL OBJECTIVE [‡]	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Memory and Cognitive Support	Mini-Mental State Examination (MMSE) or self-reported memory or cognitive concerns	Memory Pro (Order codes: MEP29 / MEP21) Comprehensive memory support formula that promotes neural health, cognitive function and memory [‡]	3 capsules daily, with or between meals
		CogniMag (Order Code: CGM21) Featuring Magtein™ Magnesium-l-threonate and a propriety antioxidant and phytochemical complex. Promotes cognitive function, learning ability and working memory [‡]	2 capsules, twice daily, with a meal and at bedtime

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



FOCUSED SUPPORT (CONTINUED)

The products in this category support common clinical objectives related to cognitive function.†

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	DOSING
Memory and Cognitive Support (continued)	Mini-Mental State Examination (MMSE) or self-reported memory or concentration/brain fog concerns	Brain Reset™ (Order code: BRT6) Promotes concentration, mental clarity and memory with a multi-faceted blend of nutrients and herbal extracts‡	2 capsules daily, between meals
Cellular & Antioxidant Support	Dietary assessment for antioxidant intake, hsCRP	Balanced Immune (Order code: BIM6) Supports immune balance, tissue integrity and cytokine balance. Promotes liver, detoxification and cellular protection against oxidative stress‡	1 capsule, 1-2 times daily, with or between meals
	Serum CoQ ₁₀ hsCRP, Whole blood glutathione, GlycA	Ubiquinol-QH (Order Code: UQ16) Active antioxidant form of CoQ ₁₀ that supports the production of ATP for energy and provides antioxidant support‡ or  NR Longevity™ (Order Code: NRL6) With NIAGEN® nicotinamide riboside to help replenish NAD+, enhance mitochondrial function and support antioxidant defenses‡ or Nrf2 Detox (Order Code: NRF6) Promotes the activity of Nrf2 to support detoxification and protection against oxidative stress‡	1 capsule, 1-2 times daily, with meals 2 capsules, 1-2 times daily, with or between meals 1 capsule, 1-3 times daily, with meals
Digestive Support	Dietary assessment for fiber intake	G.I. Fortify† (Order Code: GIF4) A blend of high-impact fiber, herbs and nutrients to support intestinal detoxification, occasional constipation and help maintain gut integrity‡ Also available as capsules: G.I. Fortify (capsules)‡ (GIFC1)	Add 1 serving to 8-12 ounces water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12 ounces serving of water following.

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ADDITIONAL CONSIDERATIONS

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

CLINICAL OBJECTIVE‡	ASSESSMENT*	PRODUCT RECOMMENDATIONS	DOSING
Cellular and Antioxidant Support	Dietary assessment for antioxidant intake	<p><u>NAC + Glycine Powder</u> (Order code: NGY1) Promotes antioxidant defenses and the body's natural detoxification process. Reduces oxidative stress associated with aging‡ or <u>Melatonin 20 mg</u> (Order Codes: ME26 / ME21) Supports healthy cells and tissues, promoting immune cell activity and scavenging free radicals‡</p>	<p>1 scoop daily, mixed with 8 ounces of water, between meals</p> <p>1 capsule, 30 minutes to 1 hour before bedtime</p>
		<p><u>BenfoMax</u> (Order code: BFM9) Fat-soluble thiamin that maintains healthy advanced glycation end (AGE) product activity to support vascular and neuronal health‡</p>	<p>1 capsule, 1-3 times daily</p>
Memory	Mini-Mental State Examination (MMSE) or self-reported memory or cognitive concerns	<p><u>Acetyl-L-Carnitine 500 mg</u> (Order code: ALC56) Supports cognitive function and brain health‡</p>	<p>1 capsule, 1-2 times daily, between meals</p>
	Serum levels of pregnenolone	<p><u>Pregnenolone 30 mg</u> (Order Codes: PR31 / PR36) Hormone precursor for positive support for mood and memory‡</p>	<p>1 capsule daily, at bedtime</p>
	Self-reported memory or cognitive concerns	<p><u>Phosphatidylcholine</u> (Order Codes: PHC9) Phospholipid-bound choline to support cellular function, cognitive function and liver health. Acts as a precursor for phospholipids and acetylcholine, a neurotransmitter involved in attention, memory and neuromuscular function‡</p>	<p>2 capsules daily, with a meal</p>

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ADDITIONAL CONSIDERATIONS (CONTINUED)

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

CLINICAL OBJECTIVE‡	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Dopamine and Serotonin Neurotransmitter Support	Occasional irritability, trace mineral hair analysis	<u>Lithium (orotate) 1 mg</u> (Order Codes: LI19) Essential micronutrient that supports neurotransmitter systems and signaling cascades involved in brain health and behavior. Also supports mood, memory and cognitive performance. Also available as: <u>Lithium (orotate) 5 mg</u> (LI9 / LI1)	1 capsule daily, with a meal 1 capsule daily, with a meal

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*All assessments may not be necessary. Testing should be performed at the discretion of the healthcare provider.
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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