

Attention and Behavior Protocol[‡]

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol offers nutrition and lifestyle recommendations to support attention, focus and behavior.[‡]

FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle (see page 2), consider the following foundational supplements to support overall health and well-being:[‡]

- **Multivitamin:** [O.N.E.™ Multivitamin](#)
- **Omega-3 Fatty Acids:** [O.N.E.™ Omega](#)
- **Probiotic:** [Probiotic-5](#)
- **Magnesium:** [Magnesium \(glycinate\)](#)

TARGETED NUTRIENTS

Stand-alone nutrients should be considered in addition to foundational support based upon lab results:

- **Vitamin B₁₂ (Serum B₁₂):** [Methylcobalamin 1,000 mcg](#)
- **Vitamin D (25-hydroxy vitamin D):** [Vitamin D₃ 25 mcg \(1,000 IU\)](#)
- **Zinc (Plasma Zinc):** [Zinc 15](#)
- **Iron (Serum Ferritin):** [OptiFerin-C](#)

TARGETED SUPPORT

The following interventions support common clinical objectives related to attention and behavior.

Choose from the options listed below.[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT [‡]	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Behavior & Cognitive Function Attention & Focus	Mini Mental State Examination (MMSE)	CogniPhos (Order Code: CGP1 /CGP6) Promotes daily cognitive performance and optimal neuronal function [‡]	2 capsules, 1-2 times daily, with meals
		Pycnogenol® 100 mg (Order Code: PY13, PY16) Highly researched pine bark extract to support cognitive function [‡]	1 capsule, 1-2 times daily, between meals
Attention & Focus		Self-reported support needed for mental tasks, low dopamine on Urinary Comprehensive Neurotransmitter Profile	DopaPlus (Order Code: DOP1) Supports dopamine production and maintains healthy reuptake for daily mental function and sharpness [‡]
Attention & Focus	Self-reported occasional stress or memory concerns, need for cytokine balance or low serotonin and dopamine on Urinary Comprehensive Neurotransmitter Profile	CurcumaSorb Mind (Order Code: MCUM6) Supports mental alertness and healthy levels of serotonin and dopamine [‡]	2 capsules, 1-2 times daily, with meals

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

[‡]All assessments may not be necessary. Testing should be performed at the discretion of the healthcare provider.

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



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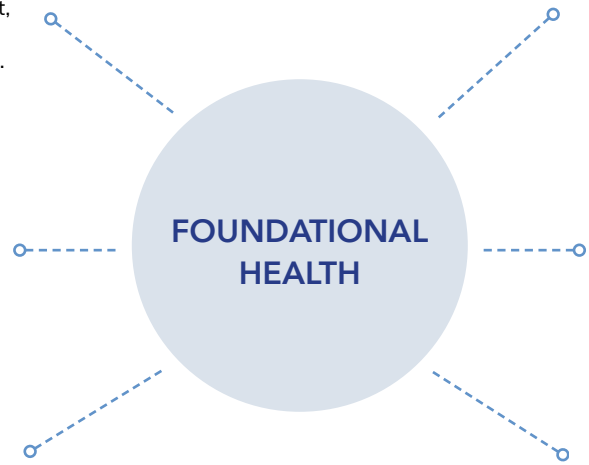
DIET AND LIFESTYLE RECOMMENDATIONS

Diet and lifestyle are foundational for overall health, well-being and resilience. Clinical research has also demonstrated their ability to support attention and behavior. Consider the following approaches as part of a comprehensive care plan:

Diet: the Few Food Diet, also referred to as an elimination diet or oligoantigenic diet, has been shown to substantially improve focus and attention in several clinical trials. As many as 60% of children following a Few Foods Diet had significant improvement in just 4 weeks.^{1,2, 17}

Sleep: Several clinical studies support the use of weighted blankets, calming visualization, consistent sleep and wake times and melatonin supplementation.^{9-13†}

Environmental Exposure: in-utero or early childhood exposure to cigarette smoke, lead, organophosphate pesticides and polychlorinated biphenyls are risk factors for attention and focus.¹⁴

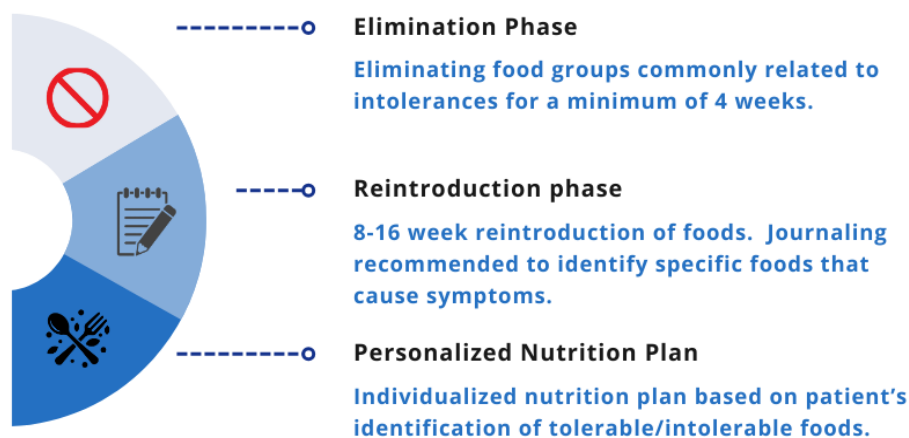


Exercise: 60 minutes of moderate-to-intense aerobic exercise, twice per week demonstrated the greatest efficacy at improving executive and inhibitory function in children and adolescents.³⁻⁵

Stress: Mindfulness practices significantly improved attention, and behavior in children, according to a meta-analysis of 12 randomized controlled trials. Behavioral therapy, biofeedback and progressive muscle relaxation may also be worth considering.^{6,7}

Genetics: A variation in the catechol O methyl transferase (COMT) gene affects dopamine metabolism, executive function and stimulant sensitivity. COMT phenotypes can be managed with nutritional and lifestyle interventions. Visit [PureInsight™](#) to learn more about nutrigenomics.




HOW TO CONDUCT A FEW FOOD DIET



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ASSOCIATED FACTORS

Other factors within the body can impact attention and behavior. Identifying and addressing these underlying factors is crucial for long-term success and care.

GASTROINTESTINAL 	BLOOD SUGAR 	THYROID 
<ul style="list-style-type: none">• Individuals who need support for attention and behavior have demonstrated altered gut microbiomes and lowered levels of plasma SCFAs and BDNF compared to controls.^{15,16}• IgG mediated food sensitivities like casein and gluten can also exacerbate attention and behavioral challenges.¹⁵• For general recommendations on gut health, refer to Pure Encapsulations' blog post Nutrient Solutions to Complement the 5R Protocol and our Leaky Gut Protocol.	<ul style="list-style-type: none">• Impaired glucose control and elevated HbA1c levels have been reported in children with attention and behavioral challenges.²¹⁻²⁴• Consider a higher protein, lower glycemic load breakfast to support cognitive function and mood.²⁴• For general recommendations on blood glucose support and metabolic health, refer to our Cardiometabolic Health Protocol†	<ul style="list-style-type: none">• Thyroid hormones play pivotal roles in brain development, regulate motor functions, cognitive abilities and affective responses.• Altered serum TSH, fT4 and fT3 can impact attention and behavior in children and adolescents.¹⁸⁻²⁰• For general recommendations on thyroid health, refer to Pure Encapsulations' blog post Thyroid Health: Beyond TSH and T4 and our Thyroid Support Protocol.

ADDITIONAL RESOURCES

Discover how our clinical tools can enrich your practice:

[Drug-Nutrient Interaction Checker](#): get valuable information on potential interaction between your patients' medications and nutritional supplements.

[PureInsight™](#): our healthcare provider support platform helps you deliver personalized diet, exercise, lifestyle and supplement recommendations for your patients.

[Virtual Dispensary](#): simplify patient sales and reduce in-office inventory with our Pure Patient Direct.

Access more educational resources by visiting our [On-Demand Learning Center](#) and [Clinical Protocols](#)

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