

# Sleep Protocol<sup>‡</sup>

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 unique sleep needs. In addition to foundational interventions, consider the following clinical objectives: sleep onset and efficiency, glucose homeostasis, occasional stress, circadian rhythm, restful sleep, and cytokine balance.<sup>‡</sup>

## FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational products 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 sleep. Choose from the options listed below:<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Sleep Onset & Efficiency	Symptom survey	<b><a href="#">Best-Rest Formula</a></b> (Order Code: BRF1/BRF6) A combination of flower extracts and natural ingredients promote restful sleep <sup>‡</sup>	2 capsules, 30-60 minutes before bedtime
Glucose Homeostasis	Insulin, HbA1c	<b><a href="#">Metabolic Xtra</a></b> (Order Code: MX29) Berberine, chromium, alpha lipoic acid and resveratrol support insulin receptor function and healthy glucose metabolism <sup>‡</sup>	1 capsule, 1-3 times daily, with meals
Occasional Stress	Salivary Cortisol, Symptom Survey	<b><a href="#">Daily Stress Formula<sup>‡</sup></a></b> (Order Code: DSF1/DSF9) Broad-spectrum formula designed to promote mental relaxation and moderate the effects of occasional stress <sup>‡</sup>	3 capsules daily, with or between meals

<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.

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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
<b>Circadian Rhythm</b>	Symptom survey	<b><u>Melatonin 3 mg</u></b> (Order Code: ME31/ME36) Supports the body's natural sleep cycle¹	1 capsule daily, ½ to 1 hour before bedtime
<b>Restful Sleep</b>	Symptom survey	<b><u>Glycine</u></b> (Order Code: GL1) Supports restful sleep and detoxification¹	3 capsules, 1-2 times daily, between meals
<b>Cytokine Balance</b>	ESR, CRP	<b><u>CurcumaSorb</u></b> (Order Code: MCU1) Highly bioavailable curcumin phytosome, Meriva®, supports joint, tissue and cellular health¹	2 capsules, 1-3 times daily, between meals

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

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Phytosome More Bioavailable® is a trademark of Indena S.p.A.

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