

PureSYNAPSE™

Calm and Relaxation Brochure‡



Featuring an Exclusive Protocol developed by
Dr. James Greenblatt, M.D.†

†Dr. Greenblatt has been retained as a medical consultant in advising Pure Encapsulations.

‡These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

pure
encapsulations®



Calm and Relaxation

Finding and maintaining a sense of calm and relaxation in our modern lives can be challenging—but also incredibly worthwhile and rewarding. Stress is a highly impactful lifestyle factor that can influence many aspects of health. Thankfully, with time, practice and your guidance, as a healthcare professional, much can be done to support calm, relaxation and mental health.³

To help guide you in this process, this brochure will introduce you to mental health expert, Dr. James Greenblatt, and explore how nutritional modalities and lifestyle interventions can support calm and relaxation, as part of an integrative care plan.†

This brochure will explore the following :

- Why diet and, in particular, protein are essential for mental health†
- How key essential nutrients support calm and relaxation†
- Which lifestyle strategies benefit mental health
- What assessments to perform on your patients
- Dr. Greenblatt's unique supplement protocol for relaxation and calm†



PureSYNAPSE Exclusive Developed with expert James Greenblatt, M.D.

A pioneer in the field of functional and integrative medicine, board-certified child and adult psychiatrist, James M. Greenblatt, MD, has worked with patients since 1988. After receiving his medical degree and completing his psychiatry residency at George Washington University, Dr. Greenblatt completed a fellowship in child and adolescent psychiatry at Johns Hopkins Medical School. He currently serves as the Chief Medical Officer at Walden Behavioral Care in Waltham, MA.

Dr. Greenblatt has lectured internationally on the scientific evidence for nutritional interventions in psychiatry and mental health. He is the author of seven books and was inducted into the Orthomolecular Hall of Fame in 2017 by the International Society of Orthomolecular Medicine. He is also the founder of **Psychiatry Redefined**, an educational platform dedicated to the transformation of psychiatry, which offers online courses, webinars, and fellowships for professionals.



“An Integrative approach to mental health embraces the clinical challenge of nourishing the brain and nurturing the mind.”

- DR. JAMES GREENBLATT

†Dr. Greenblatt has been retained as a medical consultant in advising Pure Encapsulation.

1.National Institute of Mental Health (NIMH). U.S. Department of Health and Human Services. Retrieved on November 3rd, 2021.

2.Craske MG, Stein MB, Eley TC, et al. *Nat Rev Dis Primers*. 2017 May 4;3:17024.

3.Anxiety & Depression Association of America (ADAA). Retrieved on November 3rd, 2021.

This information is intended for use by licensed health care practitioners only and is not intended as medical advice.

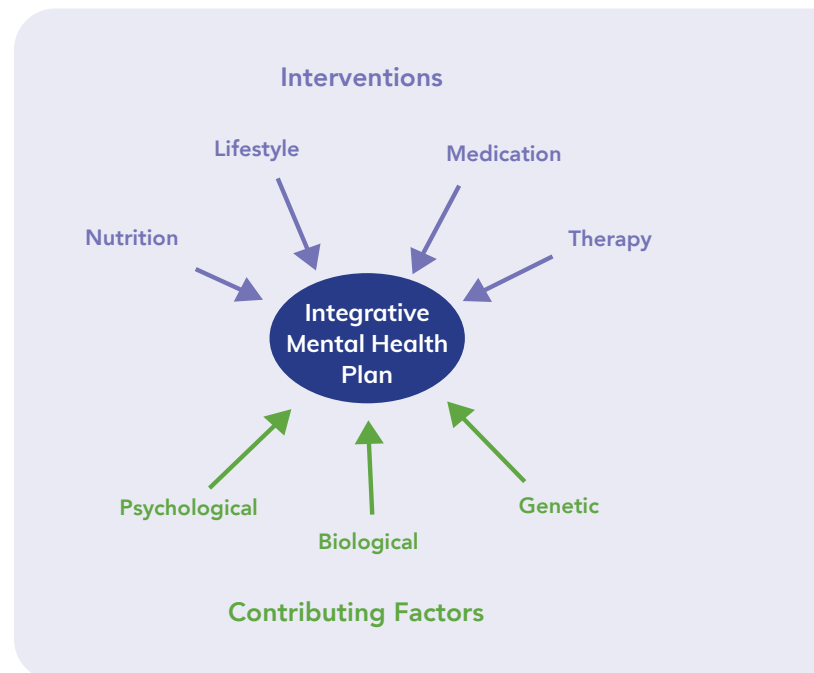
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An Integrative Approach to Calm and Relaxation

Dr. Greenblatt's approach to calm and relaxation is particularly focused on nutrition and lifestyle interventions. This brochure can provide some guidance when incorporating these often overlooked, but important interventions into a integrative care plan (illustrated in figure 1).

“ In developing a personalized plan for your patients consider how all of the interventions available to you can be leveraged and how all of the underlying factors can be prioritized and addressed.



A Healthy Diet Supports Calm and Relaxation

Diet, and in turn nutritional status, play an undeniably important role in both mental and physical health. What we eat affects not only the composition and structure of the human brain, but also the synthesis of neuropeptides, hormones and of course, neurotransmitters.¹

A Mediterranean diet—rich in polyphenols, fiber, polyunsaturated fatty acids and lean protein—has demonstrated particular efficacy in supporting many aspects of health. For instance, a 2019 clinical trial demonstrated that after just three weeks of following a Mediterranean-style diet, young adults exhibited improvements in both mood and symptoms of nervousness and worry.²

While all essential nutrients are important, this brochure will highlight how protein and a handful of key nutrients can support calm and relaxation.†

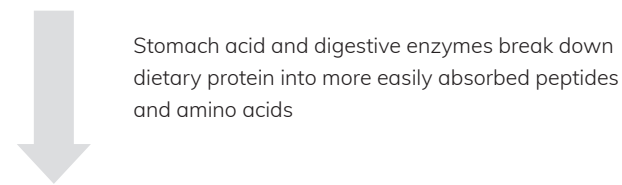
1. Muscaritoli M. Front Nutr. 2021 Mar 8;8:656290.
 2. Francis HM, Stevenson RJ, Chambers JR, et al. PLoS One. 2019 Oct 9;14(10):e0222768.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

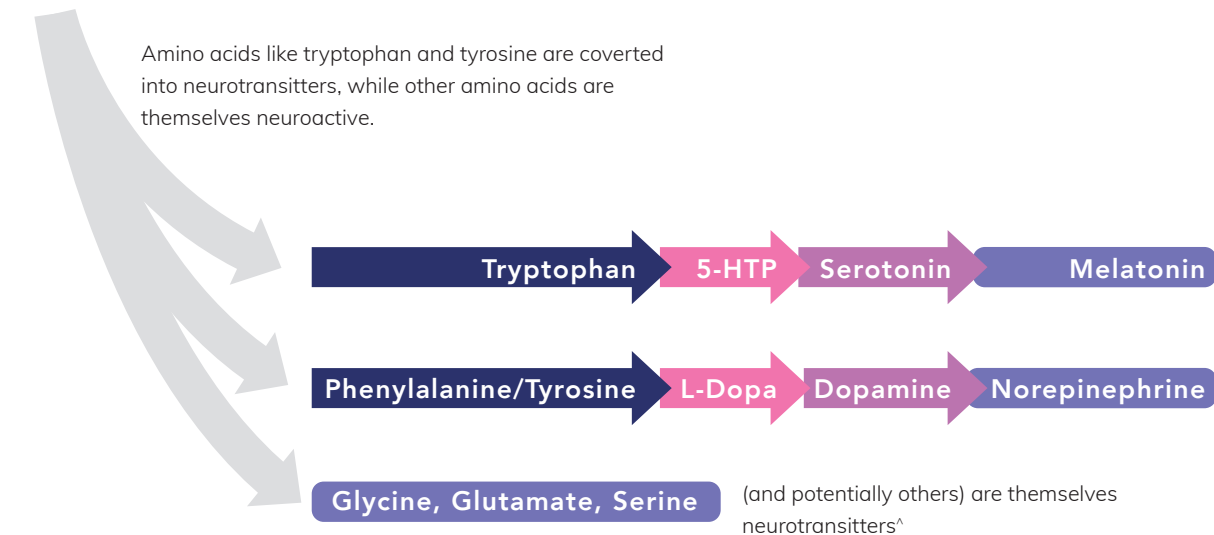
Protein & Amino Acids: The Building Blocks for Neurotransmitters

Proteins, and their constituent amino acids, are essential for life and play countless roles throughout the body. With regard to mental health, dietary amino acids are the precursors to various neurotransmitters and neuropeptides and, therefore, crucial for behavior and mental health (figure 2).¹⁻³

Dietary Protein



Amino Acids & Peptides



Individuals following a restrictive or low-calorie diet, as well as elderly populations, are less likely to consume the recommended amount of dietary protein.⁴ Moreover, patients who regularly consume protein may not be digesting and absorbing as much as they think — age, medication and common digestive maladies all impair protein digestion and absorption.⁵⁻⁶

“The availability of amino acids for neurotransmitter synthesis is essential. I routinely recommend protein powders and free form amino acids to ensure adequate protein consumption and amino acid availability. If digestion is a concern, I will also recommend digestive enzymes and betaine HCl.[†]”

[^] Dalangin R, Kim A, Campbell RE. The Role of Amino Acids in Neurotransmission and Fluorescent Tools for Their Detection. *Int J Mol Sci.* 2020;21 (17):6197.
¹ Goodwin JS, Goodwin JM, Garry PJ. *JAMA.* 1983 Jun 3;249(21):2917-21.
² Strang S, Hoerber C, Uhl O, et al. *Proc Natl Acad Sci USA.* 2017 Jun 20;114(25):6510-6514.
³ Sato H, Tsukamoto-Yasui M, Takado Y, et al. *Front Nutr.* 2020;7:23.
⁴ Krok-Schoen JL, Archdeacon Price A, Luo M, et al. *J Nutr Health Aging.* 2019;23(4):338-347.
⁵ Tsai PM, Duggan C, Ed., Benjamin Caballero. *Encyclopedia of Human Nutrition (Second Edition)*, Elsevier, 2005, pgs. 196-203.
⁶ Kinoshita Y, Ishimura N, Ishihara S. *J Neurogastroenterol Motil.* 2018;24(2):182-196.

Key Nutrients to Support Calm and Relaxation[†]

While all essential nutrients contribute to mental health in their own way, the following three are particularly important for patients looking to support calm and relaxation.[†]

Magnesium

Most Americans fail to consume the recommended daily amount of magnesium.¹ To make matters worse, occasional stress, caffeine, and some common medications may contribute to lower levels.²⁻³ In the central nervous system, magnesium is thought to support relaxation and calm by positively influencing the hypothalamic-pituitary-adrenal (HPA) axis and modulating excitatory neurotransmission via the NMDA receptor.^{4†}

“Magnesium glycinate is a wonderful form of supplemental magnesium that I use regularly. It’s less likely to cause loose stools [at higher doses] and the chelated glycine supports absorption. I generally recommend a dose between 240 – 480 mg of elemental magnesium per day.”

Vitamin D

Low levels of vitamin D are also common, affecting an estimated 24% of Americans.⁶ A healthy level of vitamin D has been shown to support musculoskeletal and immune health, and some studies have also shown a positive association with mood and relaxation.⁷⁻¹¹ Preliminary data suggests that vitamin D helps regulate the expression of tryptophan hydroxylase (an important enzyme involved in the synthesis of serotonin), and a recent mouse study found that low vitamin D resulted in significantly lower levels of brain serotonin.^{12-14†}

“I routinely recommend supplemental vitamin D₃ to my patients. Typically, I start between 2,000 and 5,000 IU [50 – 125 mcg] and use testing to fine tune the dose.”

Omega-3 Fatty Acids

Omega-3 polyunsaturated fatty acids (PUFAs) — like docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) — support many functions within the body, including cognitive, cardiovascular and joint health.¹⁵ Omega-3 PUFAs have also shown promise in supporting mental health. A 2018 systematic review and meta-analysis suggested that omega-3 PUFAs may support calm and relaxation.¹⁶ The underlying mechanisms by which PUFAs support these aspects of mental health is not fully understood, but preliminary evidence suggests that these molecules influence neurotransmitters, neuroplasticity and immune activity in the brain.^{16,17†}

“Decades of research has documented the relationship between essential fatty acids and optimal brain function. If patients are not consuming fish on a regular basis, or if test results indicate that they have low levels, supplementation can help support brain health and resilience to stress.[†]”

¹ What We Eat in America (WWEIA), NHANES 2017-2018.
² Grases G, Pérez-Castelló J.A., Sanchis P., et al. *Magnes. Res.* 2006;192:102-106.
³ DiNicolantonio JJ, O’Keefe JH, Wilson W. *Open Heart.* 2018;5(1):e000668.
⁴ Coan EJ, Collingridge GL. *Neurosci Lett.* 1985 Jan 7;53(1):21-6.
⁵ Sartori SB, Whittle N, Hetzenauer A, Singewald N. *Neuropharmacology.* 2012;62(1):304-312.
⁶ Amrein K, Scherkl M, Hoffmann M, et al. *Eur J Clin Nutr.* 2020 Nov;74(11):1498-1513.
⁷ Segheto KJ, Pereira M, Silva DCGD, et al. *Cien Saude Colet.* 2021 Aug;26(8):3221-3244.
⁸ Charoenngam N, Holick MF. *Nutrients.* 2020;12(7):2097.
⁹ Eid A, Khoja S, AlGhamdi S, et al. *Metab Brain Dis.* 2019 Dec;34(6):1781-1786.
¹⁰ Kim SY, Jeon SW, Lim WJ, et al. *Psychiatry Investig.* 2020 Apr;17(4):312-319.
¹¹ Cheng YC, Huang YC, Huang WL. *Depress Anxiety.* 2020 Jun;37(6):549-564.
¹² Patrick RP, Ames BN. *FASEB J.* 2014 Jun;28(6):2398-413.
¹³ Kaneko I, Sabir MS, Dussik CM, et al. *FASEB J.* 2015 Sep;29(9):4023-35.
¹⁴ Wang Y, Miller JW, Bello NT, Shapses SA. *Nutr Res.* 2020 Sep;81:71-80.
¹⁵ National Institutes of Health, Office of Dietary Supplements. Last updated August 4th, 2021.
¹⁶ Su KP, Tseng PT, Lin PY, et al. *JAMA Netw Open.* 2018 Sep 7;1(5):e182327.
¹⁷ Larrieu T, Layé S. *Front Physiol.* 2018 Aug 6;9:1047.

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Lifestyle Interventions for Calm and Relaxation

Lifestyle modifications are an essential part of an integrative care plan and can have a profound effect on mental health. Below is a summary of Dr. Greenblatt's typical recommendations for each lifestyle domain.

Diet

“ A healthy diet is not just a source of nutrients for the body but also one of the primary ways to influence the trillions of microbes in the GI tract, otherwise known as the gut microbiome. These microbes are thought to affect mood, nervousness and many other aspects of physical and mental health — and that's why foods rich in dietary fiber and polyphenols [which feed these microbes] are so important. Another thing to consider are food sensitivities, intolerances and allergies. These are far more common than we think and can also negatively influence mental health.

Exercise

“ In my practice, exercise can mean just about anything: walking, gardening or even housework. The important part is movement. Our bodies are made to move and any way we can do that consistently will be beneficial.

Stress

“ Stress affects every part of the body and can cause changes in the brain. I encourage patients to experiment with different ways of managing and minimizing stress. For some, this can mean exercise, for others it can be journaling, counseling or mindfulness practices.

Sleep

“ Research has clearly demonstrated the importance of sleep for mental health. In my experience, clinicians that prioritize their patient's sleep find faster and more long-lasting improvements in health. There are many supplements—like melatonin, magnesium and theanine—as well as sleep hygiene practices [regular evening routines, a cool, dark room] that can help with sleep.‡

Relationships

“ Interpersonal relationships are an important source of physical and psychological healing. I like to use the phrase 'vitamin R', because healthy relationships are just as important as any essential nutrient.

Detox

“ Installing air and water filters at home can be helpful, but in my experience, exposure to toxins often occurs outside the home. For that reason, I regularly test patients for heavy metals and other toxins. Genetic testing can also be useful since certain polymorphisms can affect the patient's ability to detoxify.

Purpose

“ Purpose or meaning in one's life is a huge driver of positivity and mental health. This can come from spirituality, religion, relationships, the natural world — I encourage patients to reflect on what matters most to them.





Assessing for Mental & Physical Health

A trained mental health professional can help support patient well-being by evaluating psychological factors. Biological processes can also affect mental health. A comprehensive assessment of both psychological factors and biological processes can ultimately support a more robust plan of care and result in better patient outcomes.

“ I perform a comprehensive evaluation on all my patients, since multiple factors including low micronutrient status can affect mental health. Below are some of the assessments I routinely perform on patients looking to support calm and relaxation:

- Adrenal hormones
- Amino acids
- CBC
- Comprehensive stool analysis
- Nutrigenomics
- Organic acid
- RBC magnesium
- Sex hormones
- Thyroid function
- Trace mineral hair test
- Vitamin D
- Vitamin B₁₂

Nutrigenomics

“ Genetic testing and nutrigenomics help me personalize my patient's plan of care. There are many genes to consider, but I've found that those affecting vitamin D, B₁₂, and folate metabolism are especially important.

PURE Genomics®

Better Health
from Within



To help you quickly and easily integrate nutrigenomics into your practice, Pure Encapsulations offers complimentary access to PureGenomics®, a nutrigenomic service dedicated to empowering healthcare providers with simple, reliable, and actionable genomic information.

How it Works

Using a patient's genetic data, previously collected by 23andMe® or Ancestry®, PureGenomics creates individualized reports with evidence-based nutrition and lifestyle recommendations. Each report features nutrigenomic insights on over 60 genetic variations and education and support to help you quickly and confidently integrate nutrigenomics in your practice.

Learn more at: [PureGenomics.com](https://www.puregenomics.com)



PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease. 23andMe® is the registered trademark of 23andMe, Inc. ANCESTRY.COM® is the registered trademark of Ancestry.com Operations Inc. Pure Encapsulations is not affiliated with or endorsed by 23andMe® or ANCESTRY.COM®. †These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PureSYNAPSE Calm & Relaxation Protocol

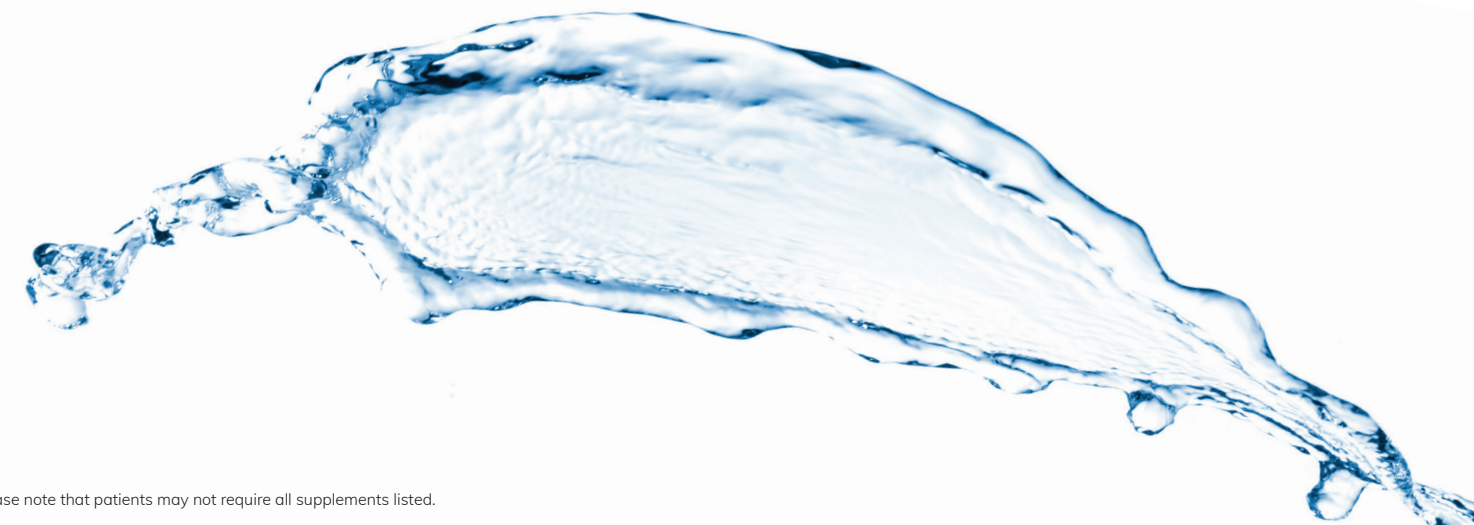
“Dietary supplements are also an essential part of an integrative care plan. To guide you in the process of supplement selection, I developed the following protocol in collaboration with Pure Encapsulations®.

The formulas in this protocol support nutritional adequacy, digestion, microbiome diversity and, of course, calm and relaxation. Multiple options are included for each objective to allow you to personalize your plan of care based on the needs of the patient.†

The nutritional formulas in this protocol may be used indefinitely to support nutritional adequacy and all other formulas may be used as needed. Dosages may be personalized to meet the needs of the patient.”

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS†	DOSING*
Protein Adequacy & Digestion (Choose from the products listed)	Dietary assessment Self-reported GI symptoms Comprehensive stool analysis	Amino Replete AMR2 A powdered blend of free-form amino acids in naturally occurring ratios to support cognitive health, immune function and daily wellness.‡	1 scoop daily, mixed with 8 oz of water or juice, between meals.
		Digestive Enzymes Ultra with Betaine HCl DEUB1 A blend of vegetarian enzymes and betaine HCl to support digestion and enhanced nutrient absorption.‡	2 capsules with each meal.
		WheyBasics WBV4 Highly purified, cold-pressed, undenatured whey protein providing 21 grams of protein per serving.	Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.
Nutrient Repletion (Choose from the products listed)	Dietary assessment Micronutrient testing	B-Complex Plus BCP1/ BCP6 A comprehensive B vitamin complex, featuring nutrients in their optimal forms.	1 capsule, 1-2 times daily, with meals.
		Magnesium Glycinate (Capsule or Liquid) MG1/ MG3/ MG9 or MGL4 A highly bioavailable magnesium chelate; less likely to cause loose stools.‡	1-4 capsules or 2 teaspoons daily, with a meal.
		O.N.E.™ Omega ONO6/ ONO3 1,000 mg supercritical CO ₂ extracted, triglyceride-form EPA and DHA in a convenient, once-daily dose.	1 capsule daily, with a meal.
		Vitamin D₃ (liquid or capsule) VDL or VD16 Available in either liquid or capsule forms. Vegan options also offered.	Refer to recommendation on product label.

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS†	DOSING*
Microbiome Diversity (Choose from the products listed)	Dietary assessment Comprehensive stool analysis	Poly-Prebiotic powder PPRP1 A powdered blend of prebiotic fibers and polyphenols to boost bifidobacteria and microbiome diversity‡	1 serving, 1-2 times daily, mixed with a beverage or into food.
		ProbioMood PBM6 Probiotic support for mood and emotional well-being‡	1 capsule daily, with or between meals.
Support for Calm & Relaxation (Choose from the products listed)	Self-reported ability to maintain a calm and relaxed state	Ashwagandha ASH1/ ASH6 An adaptogenic herb that provides support for occasional stress‡	1 capsule daily, with or between meals.
		Inositol INP2 Myo-inositol powder to support mood, emotional wellness and behavior‡	2 scoops, 1-2 times daily, with or between meals.
		Lithium (orotate) 1 mg LI19 An essential trace element to support healthy mental function, including mood, emotion, memory and behavior‡	1 capsule daily, with a meal.
		L-Theanine LTH1/ LTH6 A unique amino acid that supports relaxation without causing drowsiness; helps moderate occasional stress‡	2 capsules, 1-3 times daily, between meals.



† Please note that patients may not require all supplements listed.

*Dosages may be personalized to the patient at the discretion of the healthcare provider.

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Summary

Dr. James Greenblatt's integrative approach to relaxation and calm is designed to help patients achieve greater amounts of peace in their day-to-day life. Understanding the biological and psychological factors outlined in this brochure that directly affect a patient's ability to relax can be of great help when creating a well-rounded plan of care. Dr. Greenblatt's exclusive supplement protocol works in tandem with nutritional modalities and important lifestyle interventions to support mental health as a part of a comprehensive integrative care plan.

This brochure is just the beginning! Take the next step by connecting with Pure Encapsulations or Dr. Greenblatt, below.

More Educational Resources at Your Fingertips

Find additional protocols, product information, on-demand lectures and more at

PureEncapsulationsPro.com/PureSYNAPSE

Connect with Dr. Greenblatt

Visit JamesGreenblattMD.com for links to all seven of Dr. Greenblatt's books, an extensive library of educational articles and much more. Dr. Greenblatt is also the founder of **Psychiatry Redefined**, an educational platform dedicated to the personalized, evidence-based support of mental health. Providing comprehensive functional psychiatry training to help clinicians get to the root cause.

Learn more at PsychiatryRedefined.org

Pure Encapsulations®: Nutritional Supplements You Can Trust

At Pure Encapsulations we've spent over 30 years researching, innovating, and developing our comprehensive line of premium supplements to bring you uniquely formulated products made with high-quality and pure ingredients, backed by verifiable science. And what we leave out of our products is just as important as what we put in. That's why Pure Encapsulations offers a comprehensive line of supplements **FREE FROM** unnecessary additives and many common allergens, providing your patients with everything they need, and nothing they don't—**that's goodness encapsulated.**

Our supplements are FREE FROM:



Wheat, Soy*, Dairy*, Eggs



Tree Nuts & Peanuts



Gluten



Artificial Colors, Flavors & Sweeteners



Coatings & Shellacs



GMOs†



Unnecessary Binders, Fillers & Preservatives



Magnesium Stearate



Trans Fat & Hydrogenated Oils

Amino Replete

Without fructose

FREE-FORM AMINO ACID POWDER; SUPPORT FOR DAILY WELLNESS AND ATHLETIC ACTIVITY‡

- Offers a comprehensive blend of free-form amino acids, provided in the ratios found naturally in high biological value (BV) protein sources
- Maintains daily wellness with amino acid building blocks to support protein synthesis†
- Supports athletic training, including muscle performance, energy production and recovery†
- Enhances healthy neurotransmitter synthesis with amino acid precursors to support cognitive function and positive mood†
- Promotes immune function, in part by supporting healthy glutamine and glutathione levels†

1 scoop daily, mixed with 8 oz of water or juice, between meals, or as directed by a health professional.

Serving size: 1 scoop (1 teaspoon, approximately 4 g)
Servings per container: approximately 60

Each scoop contains:

Calories	15
Total carbohydrate	<1 g
Vitamin B ₆ (as pyridoxal 5' phosphate)	2 mg
L-Histidine (from L-histidine HCl)	80 mg
L-Isoleucine (free-form)	200 mg
L-Leucine (free-form)	345 mg

L-Lysine (from L-lysine HCl)	250 mg
L-Methionine (free-form)	200 mg
L-Phenylalanine (free-form)	175 mg
L-Threonine (free-form)	160 mg
L-Valine (free-form)	300 mg
L-Alanine (free-form)	185 mg
L-Arginine HCl (free-form)	250 mg
L-Glutamine (free-form)	439 mg
Glycine (free-form)	102 mg
L-Serine (free-form)	88 mg
L-Tyrosine (free-form)	169 mg
L-Tryptophan (free-form)	60 mg

Other ingredients: natural vanilla, strawberry, and lemonade flavors with other natural flavors, citric acid, malic acid, purified stevia leaf extracts

PHENYLKETONURICS: CONTAINS PHENYLALANINE



Amino Replete	Quantity	Order Code
	8.5 oz (222 g)	AMR2

*Except where labeled.

†Visit PureEncapsulations.com for more information about our GMO policy.

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Ashwagandha

SUPPORT FOR OCCASIONAL STRESS[†]

Ashwagandha, *Withania somnifera*, is an adaptogenic herb that belongs to the pepper family. It has an extensive, 4,000-year history of traditional use and is one of the most revered and widely used Ayurvedic herbs. Withanolides are key constituents of this herb and play an important role in ashwagandha's overall ability to promote physical and mental health. In animal studies, ashwagandha has been shown to support the activity of lymphocytes and macrophages, moderate occasional stress, enhance memory and cognitive function, provide neuroprotection by scavenging free radicals, and support thyroid function. A small, human clinical trial demonstrated the ability of ashwagandha to support healthy glucose and lipid metabolism.[†]

1 capsule daily, with or between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

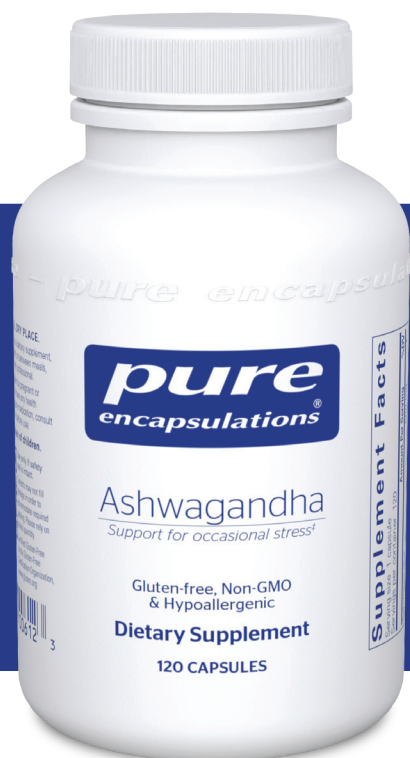
Ashwagandha (*Withania somnifera*) extract (root) 500 mg
(standardized to contain 2.5% withanolides)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.



Ashwagandha	Quantity	Order Code
	120	ASH1
	60	ASH6



B-Complex Plus

With Metafolin® L-5-MTHF

BROAD-SPECTRUM B VITAMIN SUPPORT[†]

This balanced combination of functionally interrelated B vitamins provides wide ranging benefits, including methylation, nerve support and cellular energy support.[†]

- Universally supportive, comprehensive B-complex[†]
- Methylated folate (400 mcg)
- Methylated vitamin B₁₂ (400 mcg)
- Energy synthesis[†]

1 capsule, 1-2 times daily, with meals.

Each (size 1) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B ₁)	100 mg
Riboflavin (as vitamin B ₂ and 60% riboflavin 5' phosphate (activated B ₂))	12.7 mg
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	16.7 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	400 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



B-Complex Plus	Quantity	Order Code
	120	BCP1
	60	BCP6

See also

PureGenomics® B-Complex »page 155
Ultra B-Complex w/PQQ »page 192

Digestive Enzymes Ultra with Betaine HCl

HIGH-STRENGTH MIXTURE OF BETAINE HCL WITH VEGETARIAN ENZYMES TO SUPPORT ENHANCED PROTEIN, CARBOHYDRATE, FAT, FIBER AND DAIRY DIGESTION[†]

- Offers a broad-spectrum combination of vegetarian digestive enzymes designed to provide optimal activity across a wide pH range[†]
- Supports optimal gastric pH with betaine HCl, important for the enhanced digestion of protein and other nutrients to support daily wellness and neurotransmitter synthesis[†]
- Facilitates the normal breakdown of proteins, peptides, fats, polysaccharides and disaccharides[†]

2 capsules with each meal, or as directed by a health professional.

Two (size 0) vegetarian capsules contain:

Proprietary enzyme blend	391 mg
Providing:	
Amylase	24,000 DU
Protease	60,000 HUT
Protease 6.0	20,000 HUT
Glucoamylase	30 AGU
Lactase	1,600 ALU
Lipase	3,000 FIP
Beta-glucanase	20 BGU
Invertase	900 SU
Cellulase	800 CU
Alpha-galactosidase	120 GalU
Protease 3.0	20 SAPU
Phytase	10 FTU
Hemicellulase	200 HCU

Betaine HCl 500 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers or a history of ulcers.



Digestive Enzymes Ultra with Betaine HCl	Quantity	Order Code
	180	DEUB1
	90	DEUB9

Inositol (powder)

SUPPORTS HEALTHY CENTRAL NERVOUS SYSTEM FUNCTION, INCLUDING EMOTIONAL WELLNESS AND MOOD; MAY ALSO SUPPORT OVARIAN HEALTH[†]

Inositol is a component of the B-complex family. Myo-inositol is the primary form of inositol found in the central nervous system. It plays an important role in cell membrane formation and serves as part of the phosphatidylinositol secondary messenger system, supporting serotonin, norepinephrine and cholinergic receptor function. As a result, inositol may support healthy mood, emotional wellness and behavior, and help lessen occasional nervous tension. Research also suggests that myo-inositol may help to support healthy ovulatory activity, ovarian function and reproductive system function.[†]

2 scoops, 1-2 times daily, with or between meals, or as directed by a health professional.

Serving size: 4.2 g (2 scoops)

Servings per container: 60

Two scoops (approximately 4.2 g) contain:

Inositol (as myo-inositol) 4.1 g

Multivitamins, Vitamins & Minerals		
Inositol (powder)	Quantity	Order Code
	8.8 oz (250 g)	INP2

Magnesium (glycinate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE FOR SENSITIVE INDIVIDUALS

Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.[†]

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium glycinate) 120 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals		
Magnesium (glycinate)	Quantity	Order Code
	360	MG3
	180	MG1
	90	MG9

Also Available in

Magnesium Glycinate liquid 480 ml MGL4

O.N.E.™ Omega

1,000 MG SUPERCRITICAL CO₂-EXTRACTED, TRIGLYCERIDE-FORM EPA AND DHA IN A CONVENIENT, ONCE-DAILY DOSE

O.N.E.™ Omega offers 1,000 mg of EPA/DHA in each softgel, twice the potency of other fish oils, providing powerful omega-3 fatty acid support for cardiovascular, joint, cognitive and skin health. Each softgel contains fish oil produced through a unique solvent-free, supercritical CO₂-based extraction method. This method utilizes a low-temperature, oxygen-free process to prevent oxidation reactions, resulting in a pure, concentrated fish oil.[†]

1 capsule daily, with a meal.

Each (size 22) softgel capsule contains:

Calories	10
Total fat	1 g
Fish oil concentrate	1,250 mg
(from anchovies, jack, herring, smelt, salmon, mackerel, squid)	
Providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural mixed tocopherols

Contains fish (anchovies, jack, herring, smelt, salmon, mackerel, squid)

Memory & Mood



O.N.E.™ Omega	Quantity	Order Code
	60	ON06
	30	ON03

Poly-Prebiotic powder

PureGI™ product line

A UNIQUE POWDERED BLEND OF RESEARCHED PREBIOTIC FIBERS AND POLYPHENOLS TO SUPPORT GASTROINTESTINAL, CELLULAR AND IMMUNE FUNCTION BY BOOSTING BIFIDOBACTERIA AND MICROBIOME DIVERSITY[†]

1 serving, 1-2 times daily, mixed with a beverage or into food.

Serving size: 1 scoop (approximately 4.6 g)
Servings per container: Approximately 30

One scoop contains:

Calories	10
Total carbohydrate	3 g
Total sugars	2 g
PreticX™ xylooligosaccharide (XOS)	1.4 g
BioEcolians® α-glucooligosaccharide (α-GOS)	1 g
Cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit)	1.2 g
(standardized to contain 12 mg proanthocyanidins [PACs])	

Blueberry (<i>Vaccinium angustifolium</i>) extract (fruit)	100 mg
(standardized to contain 4% polyphenols)	
Pomegranate (<i>Punica granatum</i>) juice powder (fruit)	500 mg
Other ingredients: citric acid, malic acid, stevia leaf extract	

Xylooligosaccharide. PreticX™ is covered by registered and pending patents. PreticX™ is a trademark of AIDP, Inc. PreticX™ is distributed exclusively by AIDP, Inc.

BioEcolians® is a registered trademark of Solabia.

Probiotics & Prebiotics



Poly-Prebiotic powder	Quantity	Order Code
	4.9 oz (138 g)	PPRP1

ProbioMood (capsules)

Shelf-Stable

PROBIOTIC SUPPORT FOR MOOD AND EMOTIONAL WELL-BEING[†]

ProbioMood offers a clinically researched probiotic combination of strains developed using an innovative, patented microencapsulation process. This technology protects the probiotic strains from harsh conditions, including gastric acidity. ProbioMood offers unique support for emotional well-being and relaxation. Research suggests that *Lactobacillus helveticus* Rosell-52 and *Bifidobacterium longum* Rosell-175 support emotional health, in part by supporting healthy cytokine balance and intestinal integrity. In a randomized, double-blind, placebo-controlled trial, supplementation with the combination maintained healthy urinary cortisol levels, indicating the potential to lessen occasional stress. In a separate analysis, supplemented subjects reported positive mood, relaxation and enhanced cognitive function. In another randomized, double-blind, placebo-controlled trial, *L. helveticus* Rosell-52 and *B. longum* Rosell-175 moderated the normal gastrointestinal stress response by 49%.[†]

1 capsule daily, with or between meals.

Each capsule contains:

Probiotic blend	3 billion CFU
Providing:	
<i>Lactobacillus helveticus</i> Rosell-52 ME	
<i>Bifidobacterium longum</i> Rosell-175 ME	

Other ingredients: maltodextrin, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Contains milk, soy

Probiotics & Prebiotics



ProbioMood (Capsules)	Quantity	Order Code
	60	PBM6

I-Theanine

PROMOTES RELAXATION AND HELPS TO MODERATE OCCASIONAL STRESS[†]

Green tea has been recognized for centuries as having relaxant properties. I-Theanine, a unique amino acid derived from tea, provides the characteristic taste of green tea. I-Theanine has also been discovered as the biologically active constituent of green tea responsible for promoting relaxation. In a preliminary non-clinical study, an I-theanine solution enhanced alpha wave production in the occipital and parietal regions of the brains of volunteers. These observed patterns are considered to be an index of relaxation. Furthermore, it did so rapidly and without causing drowsiness. In two additional studies, alpha waves were also shown to be detectable soon after I-theanine administration. Theanine is also useful for supporting healthy cellular function. Preliminary research suggests that I-theanine may be helpful for premenstrual support including healthy mood. Furthermore, theanine has been reported to moderate the effects of caffeine on the central nervous system. I-Theanine's safety is supported in studies and by its long history of safe consumption in tea. Pure Encapsulations' I-Theanine is Suntheanine®, the brand which has been used in scientific studies.[†]

2 capsules, 1-3 times daily, between meals.

Two (size 2) vegetarian capsules contain:

I-Theanine	400 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Suntheanine® is a registered trademark of Taiyo International, Inc.

Memory & Mood



I-Theanine	Quantity	Order Code
	120	LTH1
	60	LTH6

WheyBasics

HIGHLY PURIFIED, COLD-PRESSED, UNDENATURED WHEY PROTEIN PROVIDING 21 GRAMS OF PROTEIN PER SERVING

WheyBasics provides 21 grams of highly purified, cold-processed, undenatured whey protein per serving in a great-tasting, naturally flavored formula. Whey protein naturally contains high levels of branched-chain amino acids, as well as immunoglobulins and lactoferrin to support nutritional health and immune system function.[†]

Features include:

- 21 g protein per serving
- 4.75 g branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing

Nutritional considerations include:

- Supports immune function with protein, lactoferrin and immunoglobulins[†]
- Supports sports nutrition with protein and branched-chain amino acids for healthy muscle function and muscle recovery[†]
- Encourages overall daily wellness with high quality protein nutrition[†]

Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth.

Serving size: 26.4 g (1 scoop)

Servings per container: 18

Each scoop (approximately 26.4 g) contains:

Calories	90
Total carbohydrate	1 g
Total sugars	<1 g
Protein	21 g
Sodium	45 mg

Other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor, stevia leaf extract

Contains milk

Energy & Fitness



WheyBasics	Quantity	Order Code
	16.8 oz (475.2 g)	WBV4

Vitamin D₃ 25 mcg (1,000 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH[†]

1-5 capsules daily. Consume with food.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
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Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ 25 mcg (1,000 IU)	Quantity	Order Code
	250	VD12
	120	VD11
	60	VD16

Also Available in
Vitamin D₃ liquid 22.5 ml

VDL

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¹ Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020

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‡These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

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encapsulations®