

The PureWoman™ Postmenopausal Cognitive Support Protocol*

Developed with Felice Gersh, M.D.†

	Product Name	Ingredients	Function	Dosing	
TARGETED SUPPORT*	Memory Pro* Order Codes: MEP29 / MEP21	<ul style="list-style-type: none"> Acetyl-L-carnitine 750 mg <i>Ginkgo biloba</i> extract 60 mg Phosphatidylserine 50 mg <i>Bacopa monnieri</i> extract 100 mg 	<ul style="list-style-type: none"> Turmeric (95% curcuminoids) 250 mg Trans-resveratrol 20 mg Lemon balm 125 mg 	<ul style="list-style-type: none"> Supports memory during normal aging* 	3 capsules daily, with meals
	MenoVive Order Code: MOV6	<ul style="list-style-type: none"> HMRlignan™ 36 mg Lifenol® hop extract 42.5 mg Ashwagandha (<i>Withania somnifera</i>) extract (2.5% withanolides) 125 mg 	<ul style="list-style-type: none"> Maca extract 250 mg <i>Rhodiola rosea</i> extract 50 mg Grape (<i>Vitis vinifera</i>) extract seed 50 mg resVida® resveratrol 12.5 mg 	<ul style="list-style-type: none"> Menopausal health and comfort* Moderates occasional hot flashes and emotional well-being* 	1 capsule, twice daily, with meals
	O.N.E.™ Omega Order Codes: ONO3 / ONO6	<ul style="list-style-type: none"> EPA/DHA (600/400 mg) 		<ul style="list-style-type: none"> Provides essential omega-3 fatty acid support for cognitive, cardiovascular, joint and skin health* 	1 capsule daily, with a meal
	Ubiquinol-QH 50 mg Order Code: UQ56	<ul style="list-style-type: none"> Kaneka ubiquinol™ (active antioxidant form of CoQ10) 50 mg 		<ul style="list-style-type: none"> Provides cardiovascular support* 	1 capsule daily, with a meal
FOUNDATIONAL SUPPORT*	CurcumaSorb Order Code: MCU1	<ul style="list-style-type: none"> Meriva® highly bioavailable turmeric phytosome 250 mg 		<ul style="list-style-type: none"> Supports brain health* 	1 capsule, twice daily, between meals
	Magnesium (glycinate) Order Codes: MG9 / MG1 / MG3	<ul style="list-style-type: none"> Magnesium 120 mg 		<ul style="list-style-type: none"> Supports memory and mood* Supports brain health and sleep quality* 	3 capsules daily, in divided doses, with meals
	Women's Pure Pack Order Code: WPPB3	<ul style="list-style-type: none"> Women's Nutrients multivitamin EPA/DHA essentials (300/200 mg) Calcium (citrate) 500 mg 	<ul style="list-style-type: none"> CoQ10 60 mg Vitamin D3 1,500 IU Açai 600 mg 	<ul style="list-style-type: none"> Provides essential nutrients for women's everyday needs* Promotes cardiovascular and breast health* Provides antioxidant support* 	1 packet daily, with a meal

Markers	Assessment Method(s)
Endocrine	<ul style="list-style-type: none"> Hormone levels—FSH, estradiol, testosterone, DHEAS and pregnenolone—add DHEA and/or pregnenolone supplements if needed* Thyroid function—TSH, free T3, free T4, anti-TPO and thyroglobulin antibodies—add Thyroid Support Complex* if needed
Cardiometabolic	<ul style="list-style-type: none"> Vascular function affects neurocognitive health—assess hsCRP, oxidized LDL, MPO, and lipid profile. If necessary, consider adding O.N.E.™ Omega, EndoLOX, ResCu-SR™ and/or CholestePure Plus II* for vascular support*
Other Tests To Consider	<ul style="list-style-type: none"> B12 levels—add a B12 supplement if needed* Heavy metals and toxin levels as per history—add HM Complex if needed*

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Meriva® is a trademark of Indena S.p.A.
resVida® is a registered trademark of DSM.

Please note that patients may not require all supplements listed.

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

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Available for download at PureEncapsulations.com/purewmn-cog



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

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