

The PureWoman™ Breast Health Protocol*

Developed with Felice Gersh, M.D.[†]

	Product Name	Ingredients	Function	Dosing
TARGETED SUPPORT*	DIM Detox Order Code: DD6	<ul style="list-style-type: none"> BioResponse DIM® 100 mg Calcium-D-glucarate 100 mg HMRlignan™ 10 mg Alpha lipoic acid 200 mg N-Acetyl-L-Cysteine 200 mg Milk thistle extract 150 mg Free form amino acids (l-methionine 200 mg, glycine 100 mg, taurine 100 mg) 	<ul style="list-style-type: none"> Supports hormone detoxification* Promotes healthy estrogen metabolism* Supports cellular health* 	1 capsule, twice daily, with meals
	Green Tea extract (decaffeinated) Order Codes: GT6 / GT1	<ul style="list-style-type: none"> Decaffeinated green tea extract containing 90% total tea catechins and 70% epigallocatechin gallate (EGCG) 100 mg 	<ul style="list-style-type: none"> Supports cellular health* 	1 capsule daily, between meals
	CurcumaSorb Order Code: MCU1	<ul style="list-style-type: none"> Meriva® highly bioavailable turmeric phytosome 250 mg 	<ul style="list-style-type: none"> Supports cellular health* Supports general detoxification* 	2 capsules daily, between meals
FOUNDATIONAL SUPPORT*	G.I. Fortify* (capsules) Order Code: GIFC1	<ul style="list-style-type: none"> Psyllium fiber 1,100 mg Flaxseed 400 mg L-Glutamine 500 mg Aloe vera (inner fillet) 100 mg Chlorella 100 mg 	<ul style="list-style-type: none"> Supports digestive health* Supports hormone detoxification* 	3 capsules daily, with a meal and 8 - 12 oz. of water
	Vitamin D₃ Order Codes: VDL (liquid) VD16 / VD11 / VD12 (capsules)	<ul style="list-style-type: none"> Vitamin D₃ 1,000 IU 	<ul style="list-style-type: none"> Supports cardiovascular health* Provides immune support* Provides bone support* 	1-2 capsules (or 1-2 drops) daily, with a meal
	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 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)
Cardiometabolic	<ul style="list-style-type: none"> Vitamin D₃ – increase dose as needed* Omega-3 fatty acids – add O.N.E.™ Omega if needed*
Endocrine	<ul style="list-style-type: none"> Hormone levels – FSH, estradiol, testosterone, DHEAS TSH, free T₃, free T₄ – add Thyroid Support Complex if needed*
Other Tests To Consider	<ul style="list-style-type: none"> Heavy metals and toxin levels as per history – add HM Chelate if needed* 2-Hydroxy-estrone/16-Alpha-Hydroxy-estrone ratio – emphasize intake of cruciferous vegetables to increase the ratio*

HMRlignan™ is a trademark of Linnea Inc.

BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

Meriva® is a trademark of Indena S.p.A.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, LLC and protected by U.S. Patent 4,845,123.

Please note that patients may not require all supplements listed.

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

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship.

Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at PureEncapsulations.com/purewmn-breasthealth



800-753-2277 | PureEncapsulations.com

490 Boston Post Road, Sudbury, MA 01776 USA

*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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