

Pure Encapsulations® Supplements

	Product Name	Dosing
TARGETED SUPPORT*	DopaPlus	___ servings/day
	SeroPlus	___ servings/day
	NeuroPure	___ servings/day
	CurcumaSorb Mind	___ servings/day
FOUNDATIONAL SUPPORT*	Amino Replete	___ servings/day
	Digestive Enzymes <i>Ultra</i> with Betaine HCl	___ servings/day
	EPA/DHA essentials	___ servings/day
	Magnesium (glycinate)	___ servings/day
	Vitamin D ₃ 5,000 IU	___ servings/day
	B-Complex Plus	___ servings/day

Please follow the dosing recommendations provided by your licensed healthcare professional.

*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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PureSYNAPSE™

Visit www.PureSYNAPSE.com and use the Supplement Selector to discover your PureSYNAPSE™ personalized supplement protocol.*



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Nothing But Pure

PureSYNAPSE™

Elevate Mood. Enhance Memory.*
Encourage Sleep. Ease Stress.*



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PureSYNAPSE™

Connecting Minds With Supplements

A "synapse" is essential to neuronal function. It is the junction at which neurons communicate with each other. This communication is achieved using biochemical messengers known as neurotransmitters to coordinate every mental and emotional process. Therefore, effective synthesis and activity of these critical molecules are essential for mental health.*

Mental and emotional health depend on the availability of nutrient building blocks and cofactors like those found in the PureSYNAPSE™ product line. These include amino acids, essential fatty acids, vitamins, minerals, antioxidants and phytochemicals.*

The PureSYNAPSE™ Protocol* was designed to support:

- ✓ Mood*
- ✓ Sleep Quality*
- ✓ Stress*
- ✓ Memory*
- ✓ Healthy Eating Behavior*



Dietary & Lifestyle Recommendations

Nutrition:

- **Limit unhealthful foods**, such as refined carbohydrates and sugars, saturated fats from untrimmed or processed meats, and other processed foods.
- **Consume a diet high in protein, fiber, whole grains, vegetables and fruits.** Emphasize lean meats, poultry, eggs and fish as protein sources.
- **Eat foods rich in omega-3 fats**, such as free-range eggs (fortified with omega-3), wild salmon, sardines and herring. Omega-3 fatty acids are crucial to brain function.*
- **Digestive enzymes are needed to break down food** to be absorbed and utilized by the body. Natural sources of digestive enzymes include bromelain from pineapple, papain from papaya, and trypsin from animal sources. Eating foods rich with probiotics (beneficial bacteria) such as yogurt, kefir, sauerkraut, tempeh, or kombucha can help break down food and synthesize nutrients.

Exercise:

- **Exercise should be enjoyable and sustainable.** Commit to activities you will do on a consistent basis. Even a daily walk can help combat fatigue, boost energy levels, and help manage stress by stimulating the release of endorphins.
- **Start slow and easy.** Five minutes per day is better than zero minutes. Add a few extra minutes each week.

Stress:

- **Help support your natural ability to handle stress** with relaxation techniques, psychotherapy, meditation and music therapy.

Sleep:

- **The quality of sleep is just as important as the amount of sleep you get each night.** The following practices can improve sleep quality and duration:
 - **Establish a routine sleep schedule** to try to go to bed and awake at the same time each day.
 - **Avoid caffeine** after lunch.
 - **Set the thermostat** so that the bedroom is slightly cool throughout the night.
 - **Develop a ritual prior to bedtime**, which might include reading, bathing, deep-breathing exercises, yoga, or other relaxation techniques.
 - **Stick to low-glycemic carbohydrates**, particularly at dinner.
 - **Limit alcohol consumption** to 1-2 drinks per week for women and 2-4 drinks per week for men.
 - **Avoid using electronic devices** or watching television prior to bed.
- **For additional sleep support, consider the following supplements:***
 - **Melatonin is a hormone produced by the part of the brain that works with the body's built-in clock that regulates sleep and wake cycles.** When used as directed, melatonin can help many individuals fall asleep within 30 minutes.*
 - **Magnesium maintains healthy cortisol levels** and promotes muscle relaxation.*
 - **Glycine is an amino acid that supports sleep onset**, and can be used as needed. GlyMag-Z combines glycine with magnesium to support restful sleep.*

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking any product. Consult your physician for any health problems.

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