

# The PureSYNAPSE™ Integrative Mental Health Protocol<sup>‡</sup>

Developed with James Greenblatt, M.D.<sup>+</sup>

	Product Name	Ingredients	Function <sup>‡</sup>	Dosing	
TARGETED SUPPORT <sup>‡</sup>	<b>CogniPhos</b> Order Code: CGP1	<ul style="list-style-type: none"> <li>• P<sub>5</sub>P (activated B<sub>6</sub>) 10 mg</li> <li>• Zinc (citrate) 5 mg</li> <li>• Acetyl-L-carnitine HCl 500 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Cognizer® citicoline 125 mg</li> <li>• Sharp-PS® GREEN phosphatidylserine 100 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Provides daily cognitive support</li> <li>• Promotes mental sharpness</li> <li>• Supports positive mood and behavior</li> </ul>	2 capsules, 1-2 times daily, with meals
	<b>CurcumaSorb Mind</b> Order Codes: MCUM6 (Capsules) CMESB3 (EasySticks®)	<p><b>Capsules:</b></p> <ul style="list-style-type: none"> <li>• Neurophenol® proprietary blend providing 85 mg of flavonoids from blueberry and grape extracts</li> </ul> <p><b>EasySticks®:</b></p> <ul style="list-style-type: none"> <li>• Neurophenol® proprietary blend providing 28 mg of flavonoids from blueberry and grape extracts</li> <li>• Meriva® highly bioavailable turmeric phytosome 100 mg</li> <li>• Sharp-PS® GREEN phosphatidylserine 100 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Meriva® highly bioavailable turmeric phytosome 300 mg</li> <li>• Green tea extract 100 mg</li> <li>• Oligopin® pine bark extract 25 mg</li> <li>• Grape seed extract 100 mg</li> <li>• Glycine 1,000 mg</li> <li>• Organic whole fruit blueberry powder 900 mg</li> </ul>	<p><b>Capsules and EasySticks®:</b></p> <ul style="list-style-type: none"> <li>• Provides daily cognitive support</li> <li>• Promotes mental sharpness</li> <li>• Supports mood and emotional wellness</li> </ul>	<p><b>Capsules:</b></p> <ul style="list-style-type: none"> <li>• 1 capsule with breakfast and dinner</li> </ul> <p><b>EasySticks®:</b></p> <ul style="list-style-type: none"> <li>• 1 stick pack, sprinkled directly in the mouth, with a meal. Powder will require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.</li> </ul>
	<b>DopaPlus</b> Order Code: DOP1	<ul style="list-style-type: none"> <li>• Metafolin® 833 mcg DFE (L-5-MTHF 500 mcg)</li> <li>• Zinc (picolinate) 10 mg</li> <li>• L-Tyrosine 1,000 mg</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Rhodiola rosea</i> extract 100 mg</li> <li>• Grape seed extract 100 mg</li> <li>• Green tea extract 100 mg</li> <li>• P<sub>5</sub>P (activated B<sub>6</sub>) 6.7 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Supports dopamine production</li> <li>• Provides daily cognitive support</li> <li>• Promotes mental sharpness</li> </ul>	3 capsules before breakfast and dinner
	<b>NeuroPure</b> Order Code: NOP1	<ul style="list-style-type: none"> <li>• Metafolin® 833 mcg DFE (L-5-MTHF 500 mcg)</li> <li>• Zinc (picolinate) 10 mg</li> <li>• DL-phenylalanine 700 mg</li> <li>• 5-HTP 100 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Meriva® highly bioavailable turmeric phytosome 250 mg</li> <li>• Quercetin 100 mg</li> <li>• P<sub>5</sub>P (activated B<sub>6</sub>) 6.7 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Supports multiple neurotransmitter systems</li> <li>• Supports mood and emotional wellness</li> <li>• Supports healthy eating behavior</li> </ul>	2 capsules before breakfast and dinner
	<b>SeroPlus</b> Order Code: SOP1	<ul style="list-style-type: none"> <li>• Metafolin® 833 mcg DFE (L-5-MTHF 500 mcg)</li> <li>• Ascorbic Acid 100 mg</li> <li>• Niacinamide 20 mg</li> <li>• Magnesium 100 mg</li> <li>• Zinc (picolinate) 10 mg</li> </ul>	<ul style="list-style-type: none"> <li>• 5-HTP 100 mg</li> <li>• Inositol 500 mg</li> <li>• Taurine 200 mg</li> <li>• P<sub>5</sub>P (activated B<sub>6</sub>) 6.7 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Supports serotonin production</li> <li>• Promotes healthy eating behavior</li> <li>• Supports occasional stress</li> </ul>	2 capsules before breakfast and dinner
FOUNDATIONAL SUPPORT <sup>‡</sup>	<b>Amino Replete</b> Order Code: AMR5	<ul style="list-style-type: none"> <li>• Comprehensive blend of free-form amino acids, provided in the ratios found naturally in high biological value (BV) protein sources</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes daily wellness</li> <li>• Provides amino acid precursors of neurotransmitters</li> </ul>	1 scoop before breakfast	
	<b>B-Complex Plus</b> Order Codes: BCP6 / BCP1	<ul style="list-style-type: none"> <li>• Comprehensive blend of B vitamins</li> <li>• Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate 667 mcg DFE (L-5-MTHF 400 mcg)</li> </ul>	<ul style="list-style-type: none"> <li>• Provides essential cofactors for neurotransmission</li> <li>• Supports mood and emotional wellness</li> <li>• Helps maintain neuronal health</li> </ul>	1 capsule with a meal	
	<b>Digestive Enzymes Ultra with Betaine HCl</b> Order Codes: DEUB9 / DEUB1	<ul style="list-style-type: none"> <li>• Proprietary vegetarian enzyme blend 391 mg</li> <li>• Betaine HCl 500 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Supports digestion of proteins and other macronutrients</li> <li>• Promotes daily wellness</li> </ul>	1 capsule with each meal	

Please note that patients may not require all supplements listed.

<sup>+</sup>Dr. James Greenblatt is a retained consultant for Pure Encapsulations.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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

# The PureSYNAPSE™ Integrative Mental Health Protocol‡

Developed with James Greenblatt, M.D.\*

	Product Name	Ingredients	Function‡	Dosing
FOUNDATIONAL SUPPORT‡	<b>EPA/DHA essentials</b> Order Codes: ED19 / ED11	• EPA/DHA (300/200 mg)	• EPA/DHA (300/200 mg)	1 softgel with breakfast, lunch and dinner
	<b>Magnesium (glycinate)</b> Order Codes: MG9 / MG1 / MG3	• Magnesium 120 mg	• Supports relaxation • Maintains healthy neuronal function	1 capsule with breakfast, lunch and dinner
	<b>Vitamin D<sub>3</sub> 125 mcg (5,000 IU)</b> Order Codes: VD56 / VD51 / VD52	• Active cholecalciferol form of vitamin D <sub>3</sub> 125 mcg (5,000 IU)	• Promotes healthy gene expression in the brain to support mood and cognition	1 capsule before breakfast

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

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