

The PureSYNAPSE™ Healthy Eating Behavior Protocol: How to Address Excessive Eating[‡]

Developed with James Greenblatt, M.D.⁺

Clinical Objective [‡]	Assessment	Product Recommendations [†]	Dosing
Promote the production of serotonin and dopamine	<ul style="list-style-type: none"> Assessment not necessary 	NeuroPure Order Code: NOP1	2 capsules, 1-2 times daily, between meals
Provide building blocks for neurotransmitter synthesis	<ul style="list-style-type: none"> Serum or urine amino acids 	Amino Replete Order Code: AMR5	1 scoop daily, mixed with 8 oz of water or juice, between meals
Support methylation status	<ul style="list-style-type: none"> Serum B₁₂ 	PureMelt B₁₂ Folate Order Code: PMLB9	1 capsule, 1-2 times daily, with meals
	<ul style="list-style-type: none"> MTHFR Genotype* (C677T and A1298C) 	PureGenomics® Multivitamin Order Code: PGM26	1 capsule daily, with a meal
Support healthy omega-3 status to support neuronal health and cytokine balance	<ul style="list-style-type: none"> Omega-3 testing 	EPA/DHA essentials Order Codes: ED19 / ED11 or EPA/DHA liquid (lemon flavor) Order Code: EDL2	1-2 softgel capsules daily, with a meal
		1 teaspoon daily, with a meal	
Support healthy magnesium status to promote sleep, positive mood and relaxation	<ul style="list-style-type: none"> RBC magnesium 	Magnesium (glycinate) Order Codes: MGL4 (liquid) MG9 / MG1 / MG3 (capsules)	2 teaspoons daily, with a meal or 1-4 capsules daily, with meals
Support normal gluten, casein, beta-lactoglobulin and lactose digestion	<ul style="list-style-type: none"> Urinary peptides 	Gluten/Dairy Digest Order Codes: GDD6 / GDD1	1 capsule as needed, with a meal

Other tests to consider: All individuals should be tested for vitamin D status, which should be optimized prior to starting this protocol. Weight Management Profile (ZRT Laboratory), which includes markers for estradiol, progesterone, testosterone, DHEA-S, cortisol, TSH, vitamin D, insulin, and HbA1c.

*Genetic testing information is available through PureGenomics®. Visit PureGenomics.com to learn more.

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

‡Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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Available for download at PureEncapsulations.com/puresynapse-protocols



800-753-2277 | PureEncapsulations.com



490 Boston Post Road, Sudbury, MA 01776 USA

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