

# The PureSYNAPSE™ Healthy Eating Behavior Protocol: How to Address Restrictive Eating‡

Developed with James Greenblatt, M.D.†

Clinical Objective‡	Assessment	Product Recommendations†	Dosing
Provide building blocks and cofactors for neurotransmitter synthesis	<ul style="list-style-type: none"> <li>Serum or urine amino acids</li> </ul>	<b>Amino Replete</b> Order Code: AMR2	1 scoop daily, mixed with 8 oz of water or juice, between meals
	<ul style="list-style-type: none"> <li>Serum zinc or zinc challenge</li> </ul>	<b>Zinc 30</b> Order Codes: Z36 / Z31	1 capsule daily, with a meal
Support dopamine and serotonin neurotransmitter activity	<ul style="list-style-type: none"> <li>Trace mineral hair analysis</li> <li>Urine lithium (ZRT Laboratory)</li> </ul>	<b>Lithium liquid</b> Order Code: LIL2	1 full dropper daily, with a meal
Support healthy omega-3 status to support neuronal health and cytokine balance	<ul style="list-style-type: none"> <li>Omega-3 testing (omega-3 index, omega-3/-6 ratio, or omega-3 and -6 fatty acids)</li> </ul>	<b>EPA/DHA essentials</b> Order Codes: ED19 / ED11	1-2 softgel capsules daily, with a meal
		or <b>EPA/DHA liquid (lemon flavor)</b> Order Code: EDL2	1 teaspoon daily, with a meal
Support gut health and cytokine balance	<ul style="list-style-type: none"> <li>Organic acids</li> </ul>	<b>Probiotic-5</b> Order Code: PRB6	1 capsule, 1-2 times daily, with or between meals

**Other tests to consider:** All individuals should be tested for vitamin B<sub>12</sub>, vitamin D status, and MTHFR genotype.\* The results of these tests should be addressed prior to starting this protocol.

\*Genetic testing information is available through PureGenomics\*. Visit [PureGenomics.com](http://PureGenomics.com) to learn more.

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

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

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

Available for download at [PureEncapsulations.com/puresynapse-protocols](http://PureEncapsulations.com/puresynapse-protocols)



800-753-2277 | [PureEncapsulations.com](http://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.

©2019 Pure Encapsulations, LLC. All Rights Reserved.