

# The PureSYNAPSE™ Memory Support Protocol‡

Developed with James Greenblatt, M.D.†

Clinical Objective‡	Assessment	Product Recommendations†	Dosing
Support healthy synaptic density and plasticity	<ul style="list-style-type: none"> <li>Assessment not necessary</li> </ul>	<b>CurcumaSorb Mind</b> Order Code: MCUM6	2-4 capsules, 1-2 times daily, with meals
Support neuronal communication by increasing phospholipid composition		<b>CogniPhos</b> Order Code: CGP1	2 capsules, 1-2 times daily, with meals
Promote the production of dopamine to support daily performance of mental tasks	<ul style="list-style-type: none"> <li>COMT Val 158 Met Genotype* (val/val requires dopamine support)</li> </ul>	<b>DopaPlus</b> Order Code: DOP1	3 capsules, 1-2 times daily, between meals
Promote 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 methylation status	<ul style="list-style-type: none"> <li>Serum B<sub>12</sub></li> <li>MTHFR Genotype* (C677T and A1298C)</li> </ul>	<b>PureMelt B<sub>12</sub> Folate</b> Order Code: PMLB9	1 lozenge, 1-2 times daily, with or between meals
		<b>PureGenomics® Multivitamin</b> Order Code: PGM26	1 capsule daily, with a meal
Support glutathione production and antioxidant defenses	<ul style="list-style-type: none"> <li>Oxidative Stress Analysis 2.0 (Genova Diagnostics)</li> </ul>	<b>NAC (N-Acetyl-L-Cysteine) 600 mg</b> Order Codes: NA69 / NA61 / NA63	1 capsule, 1-3 times daily, between meals

**Other tests to consider:** All individuals should be tested for vitamin D status, which should be optimized prior to starting this protocol. Consider Mini Mental State Exam (MMSE) to assess and monitor memory/cognitive performance.

\*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](https://PureEncapsulations.com/puresynapse-protocols)



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