

The PureSYNAPSE™ Mental Alertness & Concentration Support Protocol[‡]

Developed with James Greenblatt, M.D.⁺

Clinical Objective [‡]	Assessment	Product Recommendations [†]	Dosing
Support dopamine production and signaling for mental sharpness	<ul style="list-style-type: none"> COMT Val 158 Met Genotype* (val/val requires dopamine support) 	<p>DopaPlus Order Code: DOP1</p>	3 capsules, 1-2 times daily, between meals
Support healthy synaptic density and plasticity	<ul style="list-style-type: none"> Assessment not necessary 	<p>CurcumaSorb Mind Order Code: MCUM6</p>	2-4 capsules, 1-2 times daily, with meals
Support healthy magnesium status to support sleep, positive mood and relaxation	<ul style="list-style-type: none"> RBC magnesium 	<p>Magnesium (glycinate) Order Codes: MGL4 (liquid) MG9 / MG1 / MG3 (capsules)</p>	2 teaspoons daily, with a meal or 1-4 capsules daily, with meals
Support healthy omega-3 status to support neuronal health and cytokine balance	<ul style="list-style-type: none"> Omega-3 testing (omega-3 index, omega-3/-6 ratio, or omega-3 and -6 fatty acids) 	<p>EPA/DHA essentials Order Codes: ED19 / ED11</p> <p>or</p> <p>EPA/DHA liquid (lemon flavor) Order Code: EDL2</p>	1-2 softgel capsules daily, with a meal 1 teaspoon daily, with a meal
Optimize zinc status to support neurotransmitter production	<ul style="list-style-type: none"> Trace mineral hair analysis (copper/zinc ratio) 	<p>Zinc 30 Order Codes: Z36 / Z31</p>	1 capsule daily, with a meal
Support behavioral health and cognitive function	<ul style="list-style-type: none"> Trace mineral hair analysis Urine lithium (ZRT Laboratory) 	<p>Lithium liquid Order Code: LIL2</p>	1 full dropper daily, with a meal

Other tests to consider: All individuals should be tested for vitamin B₁₂, 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 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



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