

The PureSYNAPSE™ Sleep Support Protocol[‡]

Developed with James Greenblatt, M.D.[†]

Clinical Objective [‡]	Assessment	Product Recommendations [†]	Dosing
Support the body's circadian rhythm, onset of sleep, and sleep efficiency	<ul style="list-style-type: none"> Sleep Balance Home Testing (ZRT Laboratory)** 	<p>Melatonin 3 mg Order Codes: ME36 / ME31</p>	1 capsule daily, ½ to 1 hour before bedtime
Promote serotonin synthesis	<ul style="list-style-type: none"> Self-reported stress level 	<p>SeroPlus Order Code: SOP1</p>	2 capsules, 1-2 times daily, between meals
Support inhibitory neurotransmission to promote relaxation and moderate occasional stress	<ul style="list-style-type: none"> RBC Magnesium 	<p>GlyMag-Z Order Code: GMZB3</p>	1 stick pack daily, mixed with 8 oz water, 30-60 minutes before bedtime (on an as-needed basis)
		<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
	<ul style="list-style-type: none"> Self-reported stress level 	<p>L-Theanine Order Codes: LTH6 / LTH1</p>	2 capsules, 1-3 times daily, between meals

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.

**The Sleep Balance Profile (ZRT Laboratory) includes markers for cortisol, melatonin, norepinephrine, and epinephrine.

*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.

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



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

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