

# The PureSYNAPSE™ Stress Management & Relaxation Protocol‡

Developed with James Greenblatt, M.D.†

Clinical Objective‡	Assessment	Product Recommendations†	Dosing
Support healthy magnesium status to support sleep, positive mood and relaxation	<ul style="list-style-type: none"> <li>RBC magnesium</li> </ul>	<b>Magnesium (glycinate)</b> Order Codes: MGL4 (liquid) MG9 / MG1 / MG3 (capsules)	2 teaspoons daily, with a meal or 1-4 capsules daily, with meals
Support serotonin response to help support relaxation	<ul style="list-style-type: none"> <li>Self-reported stress level</li> </ul>	<b>SeroPlus</b> Order Code: SOP1	2 capsules, 1-2 times daily, between meals
Support serotonin response to help lessen occasional nervous tension		<b>Inositol (powder)</b> Order Code: INP2	2 scoops, 1-2 times daily, with or between meals
Promote relaxation and moderate occasional stress		<b>I-Theanine</b> Order Codes: LTH6 / LTH1	2 capsules, 1-3 times daily, between meals
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 or <b>EPA/DHA liquid (lemon flavor)</b> Order Code: EDL2	1-2 softgel capsules daily, with a meal or 1 teaspoon daily, with a meal
Support methylation status	<ul style="list-style-type: none"> <li>Serum B<sub>12</sub></li> </ul>	<b>PureMelt B<sub>12</sub> Folate</b> Order Code: PMLB9	1 lozenge, 1-2 times daily, with or between meals
	<ul style="list-style-type: none"> <li>MTHFR Genotype* (C677T and A1298C)</li> </ul>	<b>PureGenomics® Multivitamin</b> Order Code: PGM26	1 capsule daily, 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. NeuroAdvanced Profile (ZRT Laboratory), which includes the neurotransmitter markers GABA, glutamate, glycine, dopamine, epinephrine, histamine, norepinephrine, serotonin, phenethylamine, DOPAC, HVA, 5-HIAA, normetanephrine, and VMA.

\*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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