

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)	DopaPlus Order Code: DOP1	3 capsules, 1-2 times daily, between meals
Support healthy synaptic density and plasticity	<ul style="list-style-type: none">Assessment not necessary	CurcumaSorb Mind Order Code: MCUM6	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	Magnesium (glycinate) Order Codes: MGL4 (liquid) MG9 / MG1 / MG3 (capsules)	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)	EPA/DHA essentials Order Codes: ED19 / ED11 or EPA/DHA liquid (lemon flavor) Order Code: EDL2	1-2 softgel capsules daily, with a meal or 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)	Zinc 30 Order Codes: Z36 / Z31	1 capsule daily, with a meal
Support behavioral health and cognitive function	<ul style="list-style-type: none">Trace mineral hair analysis	Lithium (orotate) 1 mg Order Code: LI19 or Lithium (orotate) 5 mg Order Codes: LI9 / LI11	1 capsule daily, with a meal or 1 capsule 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.

Available for download at PureEncapsulations.com/puresynapse

*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.