# PureSYNAPSE™
## Mental Alertness & Concentration Support Protocol

**DEVELOPED WITH JAMES GREENBLATT, M.D.**

<table>
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| Support dopamine production and signaling for mental sharpness | • 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 | • 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 | • 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 | • 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 | • 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 | • 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 |

**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](http://PureEncapsulations.com/puresynapse)

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*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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