

# PureSYNAPSE™

## Behavioral Health Protocol: How to Address Obsessive Thinking & Habits‡

DEVELOPED WITH JAMES GREENBLATT, M.D.\*

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS†	DOSING
Support serotonin response to help lessen occasional nervous tension	• Assessment not necessary	<b>Inositol (powder)</b> Order Code: INP2	1 scoop, 2-3 times daily, with or between meals
Support serotonin response to help support relaxation		<b>SeroPlus</b> Order Code: SOP1	2 capsules, 1-2 times daily, between meals
Support glutathione production and antioxidant defenses	• Oxidative Stress Analysis 2.0 (Genova Diagnostics)	<b>NAC (N-Acetyl-L-Cysteine) 600 mg</b> Order Codes: NA69 / NA61 / NA63	1 capsule, 1-3 times daily, between meals
Support healthy magnesium status to promote sleep, positive mood and relaxation	• RBC magnesium	<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 gut health and cytokine balance	• Organic acids	<b>Probiotic-5</b> Order Code: PRB6	1 capsule, 1-2 times daily, with or between meals
Promote dopamine and serotonin neurotransmitter activity	• Trace mineral hair analysis	<b>Lithium (orotate) 1 mg</b> Order Code: LI19  or <b>Lithium (orotate) 5 mg</b> Order Codes: LI9 / LI1	1 capsule daily, with a meal   1 capsule daily, with a meal

**Other tests to consider:** All individuals should be tested for vitamin B<sub>12</sub>, 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](https://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.