

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS [†]	DOSING
Provide building blocks and cofactors for neurotransmitter synthesis	<ul style="list-style-type: none"> Serum or urine amino acids 	Amino Replete Order Code: AMR2	1 scoop daily, mixed with 8 oz of water or juice, between meals
	<ul style="list-style-type: none"> Serum zinc or zinc challenge 	Zinc 30 Order Codes: Z36 / Z31	1 capsule daily, with a meal
Support dopamine and serotonin neurotransmitter activity	<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 / LI1	1 capsule daily, with a meal
		1 capsule daily, with a meal	
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
		1 teaspoon daily, with a meal	
Support gut health and cytokine balance	<ul style="list-style-type: none"> Organic acids 	Probiotic-5 Order Codes: PRB6	1 capsule, 1-2 times daily, with or 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.

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.

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