

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"> 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 serotonin response to help support relaxation	<ul style="list-style-type: none"> Self-reported stress level 	SeroPlus Order Code: SOP1	2 capsules, 1-2 times daily, between meals
Support serotonin response to help lessen occasional nervous tension		Inositol (powder) Order Code: INP2	2 scoops, 1-2 times daily, with or between meals
Promote relaxation and moderate occasional stress		I-Theanine Order Code: 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"> 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
Support methylation status	<ul style="list-style-type: none"> Serum B₁₂ MTHFR Genotype* (C677T and A1298C) 	PureMelt B₁₂ Folate Order Code: PMLB9	1 capsule, 1-2 times daily, with or between meals
		PureGenomics® Multivitamin 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.

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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