

The PureGenomics® Mental Health & Memory Protocol*

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Gene	SNP	Alleles	What it means	Recommendations	Pure Encapsulations® Products*
DRD2 (Dopamine Receptor 2)	C957T (rs6277)	TT = -/ TC = -/+ CC = +/+	Decreased response to dopamine; may in turn impact memory, particularly in older individuals.	• I-Tyrosine	• I-Tyrosine • DopaPlus
TPH2 (Tryptophan Hydroxylase)	G703T (rs4570625)	GG = -/ GT = -/+ TT = +/+	This enzyme converts tryptophan to 5-HTP. 5-HTP is a precursor of serotonin, which plays critical roles in mood and stress management.	• 5-HTP	• 5-HTP 50 mg • SeroPlus
BDNF (Brain Derived Neurotrophic Factor)	Val66Met G196A (rs6265)	Val/Val = -/ Val/Met = -/+ Met/Met = +/+	Associated with deficits in BDNF production. BDNF is important for maintaining mood and cognitive function.	• Lithium • Curcumin • Magnesium • Zinc • Exercise	• Lithium (orotate) 5 mg or Lithium liquid • CurcumaSorb Mind • Magnesium (glycinate) • Trace Minerals
COMT (Catechol O-Methyltransferase)	Val158Met (rs4680)	Val/Val = -/ Val/Met = -/+ Met/Met = +/+	Val: Lower dopamine levels due to faster degradation. Met: Higher dopamine levels due to slower degradation.	If Val/Val or Val/Met: • I-Tyrosine • Rhodiola Rosea If Met/Met: • SAME	If Val/Val or Val/Met: • I-Tyrosine • DopaPlus • Rhodiola Rosea If Met/Met: • SAME
MTHFR (Methylene Tetrahydrofolate Reductase)	C677T (rs1801133)	CC = -/ CT = -/+ TT = +/+	Reduced conversion of folic acid to 5-MTHF; associated with mood concerns.	• Folate (as 5-MTHF)	• Folate 1,000 • Folate 5,000
MTHFR (Methylene Tetrahydrofolate Reductase)	A1298C (rs1801131)	AA = -/ AC = -/+ CC = +/+	Reduced conversion of folic acid to 5-MTHF; associated with mood concerns.	• Folate (as 5-MTHF)	• Folate 1,000 • Folate 5,000

Please note that patients may not require all supplements listed. The selection can be fine-tuned by assessing nutrient levels (refer to suggested monitoring below) or by other testing you would normally include in the patient evaluation.*

SNP	How to prioritize nutritional support*	Nutritional Monitoring Considerations*
DRD2 (C957T)	• Address if memory is an important objective, particularly in older individuals.*	• Zinc (serum) or alkaline phosphatase (marker of zinc status)
TPH2 (G703T)	• Address if mood and emotional wellness are important objectives based on clinical evaluation.*	• Zinc (serum) or alkaline phosphatase (marker of zinc status) • Magnesium status (RBC) • Trace mineral hair analysis
BDNF (Val66Met)	• High priority. Address this SNP first to provide foundational support for emotional and neurocognitive health.*	• Zinc (serum) or alkaline phosphatase (marker of zinc status) • Magnesium status (RBC) • Trace mineral hair analysis
COMT (Val158Met)	• Val/Val (-/-) or Val/Met (-/+): Prioritize only if patient requires support for mood, cognition and mental sharpness.* • Met/Met (+/+): Prioritize for mood, relaxation and stress management.*	• Magnesium status (RBC)
MTHFR (C677T)	• High priority. Address this SNP first to provide foundational support for emotional and neurocognitive health.*	• Serum homocysteine is useful as an indicator of overall methylation competence. It is also a nonspecific method for folate, B ₁₂ and B ₆ monitoring.
MTHFR (A1298C)	• High priority. Address this SNP first to provide foundational support for mood.*	• RBC folate or formiminoglutamate (FIGLU), a functional marker of folate status.

*Our Medical Advisors have been retained as consultants in advising Pure Encapsulations.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at www.PureGenomics.com



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