

# The 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	<ul style="list-style-type: none"> <li>Assessment not necessary</li> </ul>	<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	<ul style="list-style-type: none"> <li>Oxidative Stress Analysis 2.0 (Genova Diagnostics)</li> </ul>	<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	<ul style="list-style-type: none"> <li>RBC magnesium</li> </ul>	<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	<ul style="list-style-type: none"> <li>Organic acids</li> </ul>	<b>Probiotic-5</b> Order Code: PRB6	1 capsule, 1-2 times daily, with or between meals
Promote dopamine and serotonin neurotransmitter activity	<ul style="list-style-type: none"> <li>Trace mineral hair analysis</li> <li>Urine lithium (ZRT Laboratory)</li> </ul>	<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.

\*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.

Available for download at [PureEncapsulations.com/puresynapse-protocols](https://PureEncapsulations.com/puresynapse-protocols)



800-753-2277 | [PureEncapsulations.com](https://PureEncapsulations.com)

490 Boston Post Road, Sudbury, MA 01776 USA



\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. ©2020 Pure Encapsulations, LLC. All Rights Reserved.