

The PureSYNAPSE™ Healthy Eating Behavior Protocol: How to Address Restrictive Eating‡

Developed with James Greenblatt, M.D.†

| 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 Urine lithium (ZRT Laboratory) | 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 Code: 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.

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



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