

The PureSYNAPSE™ Memory Support Protocol‡

Developed with James Greenblatt, M.D.†

| Clinical Objective‡ | Assessment | Product Recommendations† | Dosing |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| Support healthy synaptic density and plasticity | <ul style="list-style-type: none"> Assessment not necessary | CurcumaSorb Mind Order Code: MCUM6 | 2-4 capsules, 1-2 times daily, with meals |
| Support neuronal communication by increasing phospholipid composition | | CogniPhos Order Code: CGP1 | 2 capsules, 1-2 times daily, with meals |
| Promote the production of dopamine to support daily performance of mental tasks | <ul style="list-style-type: none"> COMT Val 158 Met Genotype* (val/val requires dopamine support) | DopaPlus Order Code: DOP1 | 3 capsules, 1-2 times daily, between meals |
| Promote 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 methylation status | <ul style="list-style-type: none"> Serum B₁₂ MTHFR Genotype* (C677T and A1298C) | PureMelt B₁₂ Folate Order Code: PMLB9 | 1 lozenge, 1-2 times daily, with or between meals |
| | | PureGenomics® Multivitamin Order Code: PGM26 | 1 capsule daily, with a meal |
| Support glutathione production and antioxidant defenses | <ul style="list-style-type: none"> Oxidative Stress Analysis 2.0 (Genova Diagnostics) | NAC (N-Acetyl-L-Cysteine) 600 mg Order Codes: NA69 / NA61 / NA63 | 1 capsule, 1-3 times daily, between meals |

Other tests to consider: All individuals should be tested for vitamin D status, which should be optimized prior to starting this protocol. Consider Mini Mental State Exam (MMSE) to assess and monitor memory/cognitive performance.

*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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