

# The PureSYNAPSE™ Mental Alertness & Concentration Support Protocol<sup>‡</sup>

Developed with James Greenblatt, M.D.<sup>+</sup>

Clinical Objective <sup>‡</sup>	Assessment	Product Recommendations <sup>†</sup>	Dosing
Support dopamine production and signaling for mental sharpness	<ul style="list-style-type: none"> <li>COMT Val 158 Met Genotype* (val/val requires dopamine support)</li> </ul>	<p><b>DopaPlus</b> Order Code: DOP1</p>	3 capsules, 1-2 times daily, between meals
Support healthy synaptic density and plasticity	<ul style="list-style-type: none"> <li>Assessment not necessary</li> </ul>	<p><b>CurcumaSorb Mind</b> Order Code: MCUM6</p>	2-4 capsules, 1-2 times daily, with meals
Support healthy magnesium status to support sleep, positive mood and relaxation	<ul style="list-style-type: none"> <li>RBC magnesium</li> </ul>	<p><b>Magnesium (glycinate)</b> Order Codes: MGL4 (liquid) MG9 / MG1 / MG3 (capsules)</p>	2 teaspoons daily, with a meal or 1-4 capsules daily, with meals
Support healthy omega-3 status to support neuronal health and cytokine balance	<ul style="list-style-type: none"> <li>Omega-3 testing (omega-3 index, omega-3/-6 ratio, or omega-3 and -6 fatty acids)</li> </ul>	<p><b>EPA/DHA essentials</b> Order Codes: ED19 / ED11</p> <p>or</p> <p><b>EPA/DHA liquid (lemon flavor)</b> Order Code: EDL2</p>	1-2 softgel capsules daily, with a meal  1 teaspoon daily, with a meal
Optimize zinc status to support neurotransmitter production	<ul style="list-style-type: none"> <li>Trace mineral hair analysis (copper/zinc ratio)</li> </ul>	<p><b>Zinc 30</b> Order Codes: Z36 / Z31</p>	1 capsule daily, with a meal
Support behavioral health and cognitive function	<ul style="list-style-type: none"> <li>Trace mineral hair analysis</li> <li>Urine lithium (ZRT Laboratory)</li> </ul>	<p><b>Lithium (orotate) 1 mg</b> Order Code: LI19</p> <p>or</p> <p><b>Lithium (orotate) 5 mg</b> Order Codes: LI9 / LI1</p>	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<sup>®</sup>. Visit [PureGenomics.com](https://www.puregenomics.com) to learn more.

<sup>‡</sup>Please note that patients may not require all supplements listed.

<sup>+</sup>Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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