

# The PureSYNAPSE™ Mood Support Protocol‡

Developed with James Greenblatt, M.D.+

Clinical Objective‡	Assessment	Product Recommendations†	Dosing
Provide building blocks for neurotransmitter synthesis	<ul style="list-style-type: none"> <li>Serum or urine amino acids</li> </ul>	<b>Amino Replete</b> Order Code: AMR2	1 scoop daily, mixed with 8 oz of water or juice, between meals
Support serotonin production to promote positive mood	<ul style="list-style-type: none"> <li>NeuroAdvanced Profile (ZRT Laboratory)**</li> </ul>	<b>SeroPlus</b> Order Code: SOP1	2 capsules, 1-2 times daily, between meals
Support neurotransmitter receptor function	<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
Support healthy response to mental stress	<ul style="list-style-type: none"> <li>Cortisol panel, AM and PM</li> </ul>	<b>Rhodiola Rosea</b> Order Codes: RR9 / RR1	1 capsule, 1-2 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 methylation status	<ul style="list-style-type: none"> <li>Serum B<sub>12</sub></li> <li>MTHFR Genotype* (C677T and A1298C)</li> </ul>	<b>PureMelt B<sub>12</sub> Folate</b> Order Code: PMLB9	1 lozenge, 1-2 times daily, with or between meals
		<b>PureGenomics® Multivitamin</b> Order Code: PGM26	1 capsule daily, with a meal

**Other tests to consider:** All individuals should be tested for vitamin D status, which should be optimized prior to starting this protocol.

\*\*The NeuroAdvanced Profile (ZRT Laboratory) includes the neurotransmitter markers GABA, glutamate, glycine, dopamine, epinephrine, histamine, norepinephrine, serotonin, phenethylamine, DOPAC, HVA, 5-HIAA, normetanephrine, and VMA.

\*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.

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