

# The PureWoman™ Cardiovascular Support Protocol\*

Developed with Felice Gersh, M.D.†

	Product Name	Ingredients	Function	Dosing
TARGETED SUPPORT*	<b>Metabolic Xtra</b> Order Code: MX9	<ul style="list-style-type: none"> <li>Berberine HCl 350 mg</li> <li>Alpha lipoic acid 100 mg</li> <li>Resveratrol 20 mg</li> <li>Chromium 135 mcg</li> </ul>	<ul style="list-style-type: none"> <li>Supports healthy insulin function and glucose metabolism*</li> </ul>	1 capsule, three times daily, with meals
	<b>CholestePure Plus II*</b> Order Code: CHP21	<ul style="list-style-type: none"> <li>Phytosterols 500 mg</li> <li>Berberine HCl 400 mg</li> <li>Bergamot extract 160 mg</li> </ul>	<ul style="list-style-type: none"> <li>Supports healthy lipid metabolism*</li> </ul>	2 capsules, twice daily, with meals
	<b>Nitric Oxide Ultra</b> Order Codes: NXB3 (stick packs) NXC1 (capsules)	<ul style="list-style-type: none"> <li>NXB3: 150 mg Vitamin C, 100 mg Magnesium, 3000 mg L-citrulline, 1,000 mg Taurine, 65 mg proprietary blend of cranberry and grape seed extracts</li> <li>NXC1: 1,000 mg L-citrulline, 382 mg proprietary blend of cranberry and grape seed extracts</li> </ul>	<ul style="list-style-type: none"> <li>Supports nitric oxide production and healthy blood flow*</li> </ul>	1 stick pack (or 2 capsules) daily, between meals
FOUNDATIONAL SUPPORT*	<b>Magnesium (glycinate)</b> Order Codes: MG9 / MG1 / MG3	<ul style="list-style-type: none"> <li>Magnesium 120 mg</li> </ul>	<ul style="list-style-type: none"> <li>Supports a wide array of physiological functions including glucose metabolism and blood flow*</li> </ul>	3 capsules daily, with meals
	<b>Probiotic-5 (Dairy &amp; Soy-Free)</b> Order Code: PRB6	10 Billion CFU: <ul style="list-style-type: none"> <li><i>Bifidobacterium lactis</i> (Bl-04)</li> <li><i>Lactobacillus acidophilus</i> (La-14)</li> <li><i>Lactobacillus rhamnosus</i> (Lr-32)</li> <li><i>Bifidobacterium longum</i> (Bl-05)</li> <li><i>Bifidobacterium bifidum</i> (Bb-06)</li> </ul>	<ul style="list-style-type: none"> <li>Supports gut microbial balance*</li> </ul>	1 capsule daily, with or between meals
	<b>Women's Pure Pack</b> Order Code: WPPB3	<ul style="list-style-type: none"> <li>Women's Nutrients multivitamin</li> <li>EPA/DHA essentials (300/200 mg)</li> <li>Calcium (citrate) 500 mg</li> <li>CoQ<sub>10</sub> 60 mg</li> <li>Vitamin D<sub>3</sub> 1,500 IU</li> <li>Açai 600 mg</li> </ul>	<ul style="list-style-type: none"> <li>Provides essential nutrients for women's everyday needs*</li> <li>Supports cardiovascular, breast and bone health*</li> <li>Provides antioxidant support*</li> </ul>	1 packet daily, with a meal

Markers	Assessment Method(s)
<b>Endothelial Function</b>	<ul style="list-style-type: none"> <li>Asymmetric Dimethylarginine (ADMA)</li> </ul>
<b>Cholesterol</b>	<ul style="list-style-type: none"> <li>Advanced lipid profile</li> </ul>
<b>Glucose</b>	<ul style="list-style-type: none"> <li>Insulin and HbA1c</li> </ul>
<b>Immune Activity</b>	<ul style="list-style-type: none"> <li>F<sub>2</sub>-isoprostanes, hs-CRP, LpPLA<sub>2</sub>, Ferritin, oxLDL</li> </ul>
<b>G.I.</b>	<ul style="list-style-type: none"> <li>G.I. Effects® Microbial Ecology Profile or Comprehensive Profile (Genova Diagnostics®)</li> </ul>
<b>Endocrine</b>	<ul style="list-style-type: none"> <li>Estradiol, Total testosterone, Pregnenolone, DHEAS, TSH, Free T3 and T4, Anti-TPO and thyroglobulin antibodies</li> </ul>
<b>Imaging</b>	<ul style="list-style-type: none"> <li>Carotid ultrasound, Echocardiogram</li> </ul>
<b>Other Tests To Consider</b>	<ul style="list-style-type: none"> <li>TMAO, Vitamin D, Urinary microalbumin, MPO, NutraEval® (Genova Diagnostics®), Vitamin B<sub>12</sub>, Uric acid, OmegaCheck™ (Cleveland HeartLab®), Heavy metals</li> </ul>

Please note that patients may not require all supplements listed.

†Dr. Felice Gersh has been retained as a medical consultant in advising Pure Encapsulations.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship.

Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

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\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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