

The PureSYNAPSE™ Integrative Mental Health Protocol‡

Developed with James Greenblatt, M.D.+

	Product Name	Ingredients	Function‡	Dosing	
TARGETED SUPPORT‡	CogniPhos Order Code: CGP1	<ul style="list-style-type: none"> • P₅P (activated B₆) 10 mg • Zinc (citrate) 5 mg • Acetyl-L-carnitine HCl 500 mg 	<ul style="list-style-type: none"> • Cognizer® citicoline 125 mg • Sharp-PS® GREEN phosphatidylserine 100 mg 	<ul style="list-style-type: none"> • Provides daily cognitive support • Promotes mental sharpness • Supports positive mood and behavior 	2 capsules, 1-2 times daily, with meals
	CurcumaSorb Mind Order Codes: MCUM6 (Capsules) CMESB3 (EasySticks®)	Capsules: <ul style="list-style-type: none"> • Neurophenol® proprietary blend providing 85 mg of flavonoids from blueberry and grape extracts EasySticks®: <ul style="list-style-type: none"> • Neurophenol® proprietary blend providing 28 mg of flavonoids from blueberry and grape extracts • Meriva® highly bioavailable turmeric phytosome 100 mg • Sharp-PS® GREEN phosphatidylserine 100 mg 	<ul style="list-style-type: none"> • Meriva® highly bioavailable turmeric phytosome 300 mg • Green tea extract 100 mg • Oligopin® pine bark extract 25 mg • Grape seed extract 100 mg • Glycine 1,000 mg • Organic whole fruit blueberry powder 900 mg 	Capsules and EasySticks®: <ul style="list-style-type: none"> • Provides daily cognitive support • Promotes mental sharpness • Supports mood and emotional wellness 	Capsules: 1 capsule with breakfast and dinner EasySticks®: 1 stick pack, sprinkled directly in the mouth, with a meal. Powder will require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.
	DopaPlus Order Code: DOP1	<ul style="list-style-type: none"> • Metafolin® 833 mcg DFE (L-5-MTHF 500 mcg) • Zinc (picolinate) 10 mg • L-Tyrosine 1,000 mg 	<ul style="list-style-type: none"> • <i>Rhodiola rosea</i> extract 100 mg • Grape seed extract 100 mg • Green tea extract 100 mg • P₅P (activated B₆) 6.7 mg 	<ul style="list-style-type: none"> • Supports dopamine production • Provides daily cognitive support • Promotes mental sharpness 	3 capsules before breakfast and dinner
	NeuroPure Order Code: NOP1	<ul style="list-style-type: none"> • Metafolin® 833 mcg DFE (L-5-MTHF 500 mcg) • Zinc (picolinate) 10 mg • DL-phenylalanine 700 mg • 5-HTP 100 mg 	<ul style="list-style-type: none"> • Meriva® highly bioavailable turmeric phytosome 250 mg • Quercetin 100 mg • P₅P (activated B₆) 6.7 mg 	<ul style="list-style-type: none"> • Supports multiple neurotransmitter systems • Supports mood and emotional wellness • Supports healthy eating behavior 	2 capsules before breakfast and dinner
	SeroPlus Order Code: SOP1	<ul style="list-style-type: none"> • Metafolin® 833 mcg DFE (L-5-MTHF 500 mcg) • Ascorbic Acid 100 mg • Niacinamide 20 mg • Magnesium 100 mg • Zinc (picolinate) 10 mg 	<ul style="list-style-type: none"> • 5-HTP 100 mg • Inositol 500 mg • Taurine 200 mg • P₅P (activated B₆) 6.7 mg 	<ul style="list-style-type: none"> • Supports serotonin production • Promotes healthy eating behavior • Supports occasional stress 	2 capsules before breakfast and dinner
FOUNDATIONAL SUPPORT‡	Amino Replete Order Code: AMR2	<ul style="list-style-type: none"> • Comprehensive blend of free-form amino acids, provided in the ratios found naturally in high biological value (BV) protein sources 	<ul style="list-style-type: none"> • Promotes daily wellness • Provides amino acid precursors of neurotransmitters 	1 scoop before breakfast	
	B-Complex Plus Order Codes: BCP6 / BCP1	<ul style="list-style-type: none"> • Comprehensive blend of B vitamins • Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate 667 mcg DFE (L-5-MTHF 400 mcg) 	<ul style="list-style-type: none"> • Provides essential cofactors for neurotransmission • Supports mood and emotional wellness • Helps maintain neuronal health 	1 capsule with a meal	
	Digestive Enzymes Ultra with Betaine HCl Order Codes: DEUB9 / DEUB1	<ul style="list-style-type: none"> • Proprietary vegetarian enzyme blend 391 mg • Betaine HCl 500 mg 	<ul style="list-style-type: none"> • Supports digestion of proteins and other macronutrients • Promotes daily wellness 	1 capsule with each meal	

Please note that patients may not require all supplements listed.

+Dr. James Greenblatt is a retained consultant for Pure Encapsulations.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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Available for download at PureEncapsulations.com/puresynapseprotocol



‡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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	Product Name	Ingredients	Function‡	Dosing
FOUNDATIONAL SUPPORT‡	EPA/DHA essentials Order Codes: ED19 / ED11	• EPA/DHA (300/200 mg)	• EPA/DHA (300/200 mg)	1 softgel with breakfast, lunch and dinner
	Magnesium (glycinate) Order Codes: MG9 / MG1 / MG3	• Magnesium 120 mg	• Supports relaxation • Maintains healthy neuronal function	1 capsule with breakfast, lunch and dinner
	Vitamin D₃ 125 mcg (5,000 IU) Order Codes: VD56 / VD51 / VD52	• Active cholecalciferol form of vitamin D ₃ 125 mcg (5,000 IU)	• Promotes healthy gene expression in the brain to support mood and cognition	1 capsule before breakfast

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