

The PureWoman™ PMS Protocol*

Developed with Felice Gersh, M.D.†

	Product Name	Ingredients	Function	Dosing	
TARGETED SUPPORT*	ProSoothe II Order Codes: PMS26 / PMS21	4 capsules provide: • Vitamin D ₃ 800 IU • Vitamin E 400 IU • Vitamin B ₆ 66 mg • Calcium (from di-calcium malate) 200 mg	<ul style="list-style-type: none"> • Magnesium (from di-magnesium malate) 200 mg • Chaste tree (<i>Vitex agnus-castus</i>) extract (fruit) 400 mg • Relora® (<i>Magnolia officinalis</i> and <i>Phellodendron amurense</i> extracts) (bark) 540 mg • <i>Rhodiola rosea</i> extract (root) 100 mg 	<ul style="list-style-type: none"> • Promotes positive mood* • Provides relief from cramps, food cravings, nervous tension, fatigue, breast tenderness and bloating associated with the menstrual cycle* 	4 capsules daily, in divided doses, with meals
	Best-Rest Formula Order Codes: BR66 / BRF1	<ul style="list-style-type: none"> • Vitamin B₆ 3.3 mg • Melatonin 1 mg • GABA 300 mg • L-Theanine 50 mg • Valerian (<i>Valeriana officinalis</i>) extract (root) 400 mg 	<ul style="list-style-type: none"> • Lemon balm (<i>Melissa officinalis</i>) extract (leaf) 150 mg • Hops (<i>Humulus lupulus</i>) extract (aerial parts) 150 mg • Passion flower (<i>Passiflora incarnata</i>) extract (aerial parts) (contains 3.5% vitexin) 100 mg • Chamomile (<i>Matricaria recutita</i>) extract (flower) 100 mg 	<ul style="list-style-type: none"> • Supports relaxation, sleep onset and sleep quality* 	2 capsules daily, 30-60 minutes before bedtime
	E.P.O. Order Codes: EPO1 / EPO2	<ul style="list-style-type: none"> • Cold-pressed evening primrose oil (9% gamma-linolenic acid) 500 mg 		<ul style="list-style-type: none"> • Supports prostaglandin balance* 	2 capsules daily, with a meal
	Ashwagandha Order Codes: ASH6 / ASH1	<ul style="list-style-type: none"> • Ashwagandha (<i>Withania somnifera</i>) extract (2.5% withanolides) 500 mg 		<ul style="list-style-type: none"> • Supports relaxation and healthy stress responses* 	1 capsule daily, with a meal
FOUNDATIONAL SUPPORT*	Magnesium (glycinate) Order Codes: MG9 / MG1 / MG3	<ul style="list-style-type: none"> • Magnesium 120 mg 	<ul style="list-style-type: none"> • Promotes positive mood* • Supports breast comfort* • Supports emotional well-being and maintains fluid balance associated with the luteal phase* 	3 capsules daily, in divided doses, with meals	
	Women's Pure Pack Order Code: WPPB3	<ul style="list-style-type: none"> • Women's Nutrients multivitamin • EPA/DHA essentials (300/200 mg) • Calcium (citrate) 500 mg 	<ul style="list-style-type: none"> • CoQ₁₀ 60 mg • Vitamin D₃ 1,500 IU • Açai 600 mg 	<ul style="list-style-type: none"> • Provides essential nutrients for women's everyday needs* • Supports cardiovascular and breast health* • Provides antioxidant support* • Promotes positive mood* • Supports metabolic and reproductive health* 	1 packet daily, with a meal

Markers	Assessment Method(s)
Endocrine	<ul style="list-style-type: none"> • LH and FSH • Prolactin
Cardiometabolic	<ul style="list-style-type: none"> • DHEA(S), pregnenolone, estradiol and testosterone • TSH, free T3, reverse T3, free T4, anti-TPO, and thyroglobulin antibodies
G.I.	<ul style="list-style-type: none"> • hsCRP, oxidized LDL, MPO, and lipid profile – if necessary, consider adding O.N.E.™ Omega, EndoLOX, ResCu-SR™ and/or CholestPure Plus II* for cardiometabolic support*
Other Tests To Consider	<ul style="list-style-type: none"> • Gut microbial profile (Genova G.I. Effects®) • NutraEval® (Genova Diagnostics) • MTHFR genotype – if positive for C677T, consider additional L-methylfolate (Folate 1000)*

Relora® is a registered trademark of InterHealth N.I. Relora® brand *Magnolia officinalis* and *Phellodendron amurense* (U.S. Patents 6582735 and 6814987).

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.

Available for download at PureEncapsulations.com/purewmn-pms



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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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