

# The PureWoman™ Postmenopausal Metabolic Health 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>• resVida® resveratrol 20 mg</li> <li>• Chromium 135 mcg</li> </ul>	<ul style="list-style-type: none"> <li>• Supports insulin function*</li> <li>• Supports healthy glucose metabolism*</li> </ul>	1 capsule, three times daily, with meals
	<b>MenoVive</b> Order Code: MOV6	<ul style="list-style-type: none"> <li>• HMRlignan™ 36 mg</li> <li>• Lifenol® hop extract 42.5 mg</li> <li>• Ashwagandha (<i>Withania somnifera</i>) extract (2.5% withanolides) 125 mg</li> <li>• Maca extract 250 mg</li> <li>• <i>Rhodiola rosea</i> extract 50 mg</li> <li>• Grape (<i>Vitis vinifera</i>) extract seed 50 mg</li> <li>• resVida® resveratrol 12.5 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes menopausal health and comfort*</li> <li>• Moderates occasional hot flashes and emotional well-being*</li> </ul>	1 capsule, twice daily, with meals
	<b>Sleep Solution (single dose liquid)</b> Order Code: SLB6	<ul style="list-style-type: none"> <li>• Magnesium (citrate) 145 mg</li> <li>• Glycine 3 g</li> <li>• Suntheanine® L-theanine 100 mg</li> <li>• Melatonin 3 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Supports relaxation, sleep onset and sleep efficiency*</li> </ul>	1 bottle 30 minutes prior to bedtime**
	<b>Melatonin 0.5 mg</b> Order Codes: ME56, ME51	<ul style="list-style-type: none"> <li>• Melatonin 0.5 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes healthy circadian rhythms*</li> </ul>	1 capsule, 4 to 6 hours before bed**
FOUNDATIONAL SUPPORT*	<b>CurcumaSorb</b> Order Code: MCU1	<ul style="list-style-type: none"> <li>• Meriva® highly bioavailable turmeric phytosome 250 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Supports musculoskeletal, digestive, liver, brain, cellular and cardiovascular health*</li> </ul>	1 capsule daily, between meals
	<b>G.I. Fortify* (capsules)</b> Order Code: GIFCI	<ul style="list-style-type: none"> <li>• Psyllium fiber 1,100 mg</li> <li>• Flaxseed 400 mg</li> <li>• L-Glutamine 500 mg</li> <li>• Chlorella 100 mg</li> <li>• Aloe vera (inner fillet) 100 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes digestive health*</li> <li>• Supports hormone detoxification*</li> </ul>	4 capsules daily, in divided doses, with meals and 8 - 12 oz. of water
	<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> (BI-04)</li> <li>• <i>Lactobacillus acidophilus</i> (La-14)</li> <li>• <i>Lactobacillus rhamnosus</i> (Lr-32)</li> <li>• <i>Bifidobacterium longum</i> (BI-05)</li> <li>• <i>Bifidobacterium bifidum</i> (Bb-06)</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes digestive health*</li> <li>• Provides immune support*</li> </ul>	1 capsule daily, with a meal
	<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 memory and mood*</li> <li>• Supports brain health and sleep quality*</li> </ul>	4 capsules daily, in divided doses, with 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>• Promotes cardiovascular and breast health*</li> <li>• Provides antioxidant support*</li> </ul>	1 packet daily, with a meal

\*\*Optimal for additional sleep support or when adjusting to new time zones.

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-metabolic](http://PureEncapsulations.com/purewmn-metabolic)



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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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Markers	Assessment Method(s)
Endocrine	<ul style="list-style-type: none"> <li>• Estradiol, progesterone and testosterone</li> <li>• LH and FSH</li> <li>• SHBG</li> <li>• Pregnenolone</li> <li>• TSH, Free T<sub>3</sub>, Free T<sub>4</sub>, anti-TPO, and thyroglobulin antibodies</li> </ul>
Cardiometabolic	<ul style="list-style-type: none"> <li>• Advanced lipid profile</li> <li>• ADMA (nitric oxide biomarker)—if necessary, consider adding Nitric Oxide Ultra*</li> <li>• hsCRP, F<sub>2</sub>-Isoprostanes, LpPLA<sub>2</sub>, urinary microalbumin and MPO. If necessary, consider adding O.N.E.™ Omega, EndoLOX and/or ResCu-SR™**</li> <li>• Insulin and HbA1c</li> <li>• Adiponectin</li> <li>• TMAO</li> <li>• Comprehensive metabolic panel</li> <li>• Vitamin D</li> <li>• Omega-3 fatty acids</li> </ul>
Other Tests To Consider	<ul style="list-style-type: none"> <li>• B<sub>12</sub> status—If necessary, consider adding B<sub>12</sub> 5000 liquid*</li> <li>• NutraEval® (Genova Diagnostics®)</li> <li>• Adrenal stress testing (Genova Diagnostics®)</li> <li>• Uric acid</li> <li>• Heavy metals</li> <li>• G.I. Effects® (Genova Diagnostics®)</li> <li>• MTHFR genotype</li> <li>• RBC folate</li> <li>• Magnesium</li> <li>• Zinc</li> <li>• Ferritin</li> </ul>

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 LIFENOL® is a trademark of Naturex.  
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