

The PureWoman™ Musculoskeletal Protocol‡

Developed with Felice Gersh, M.D.†

	Product Name	Ingredients	Function‡	Dosing	
TARGETED SUPPORT‡	Osteo EasySticks™ Order Code: OESB3	<ul style="list-style-type: none"> Vitamin D₃ 25 mcg (1,000 IU) Vitamin K₁ 50 mcg KoAct® Calcium collagen chelate 450 mg Magnesium (as di-magnesium malate) 100 mg 	<ul style="list-style-type: none"> Potassium (citrate) 50 mg Vitamin K₂ (as menaquinone-7) 70 mcg Collagen peptides (KoAct® calcium collagen chelate and 35% collagen peptides) (from bovine) 	<ul style="list-style-type: none"> Promotes bone mineralization Supports muscle function 	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.
	Tri-Alkali Order Code: TRI3	<ul style="list-style-type: none"> Vitamin D₃ 10 mcg (400 IU) Calcium (citrate) 250 mg Magnesium (citrate) 150 mg 	<ul style="list-style-type: none"> Potassium (citrate) 400 mg Glycine (free-form) 200 mg 	<ul style="list-style-type: none"> Supports bone health 	1 scoop twice daily, with meals, or as directed by a health professional.
	CurcumaSorb Order Code: MCU1	<ul style="list-style-type: none"> Meriva® highly bioavailable turmeric phytosome 500 mg 		<ul style="list-style-type: none"> Supports muscle health and general detoxification 	2 capsules, 1-3 times daily, between meals.
	PureLean® Ultra Order Code: PLU9	<ul style="list-style-type: none"> Protein (pea, rice) 25 mg Fiber 5 g 	<ul style="list-style-type: none"> Key nutrient cofactors including magnesium, chromium, biotin and green tea Vegan 	<ul style="list-style-type: none"> Supports muscle health Supports healthy microbial balance 	Add 1 serving to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.
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 bone mineral density 	If taking Tri-Alkali, 2 capsules daily, with meals. If not taking Tri-Alkali, 3 capsules daily, with meals.	
	PureHeart® K₂D Order Code: PHK6	<ul style="list-style-type: none"> Vitamin D₃ 25 mcg (1,000 IU) Vitamin K₂ (as menaquinone-7) 150 mcg 	<ul style="list-style-type: none"> Promotes healthy vascular calcium balance 	1 capsule, 1-2 times daily, with a meal.	
	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 Vitamin D₃ 375 mcg (1,500 IU) Assorted trace minerals 	<ul style="list-style-type: none"> Provides essential nutrients for women's everyday needs Supports bone, cardiovascular and breast health 	1 packet daily, with a meal.	

Markers	Assessment Method(s)
Endocrine	<ul style="list-style-type: none"> TSH, free T3, free T4, Thyroid peroxidase antibody, thyroglobulin antibodies
Cardiometabolic	<ul style="list-style-type: none"> hsCRP OmegaCheck™ (Cleveland HeartLab®) Metabolic panel (including serum calcium)
Bone Health	<ul style="list-style-type: none"> RBC Magnesium Parathyroid hormone Vitamin D DEXA
Other Tests To Consider	<ul style="list-style-type: none"> Serum albumin is useful for assessing protein and nutritional status Annual Fitness Evaluation (designed by the American Academy of Sports Medicine) Anthropometric measurements (body weight and body composition)

Please note that patients may not require all supplements listed.

†Dr. Felice Gersh is a retained consultant for Pure Encapsulations.

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OmegaCheck™ was developed and validated at Cleveland HeartLab with the support of Nutrasource Diagnostics, Inc.

Available for download at PureEncapsulations.com/purewmn-musculoskeletal



800-753-2277 | PureEncapsulations.com

490 Boston Post Road, Sudbury, MA 01776 USA



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