

Menopausal Protocol: Cardiometabolic‡

DEVELOPED WITH FELICE GERSH, M.D.*

CLINICAL OBJECTIVE	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Essential Nutrients Support for adequate nutrient status in women over the age of 40 (Both products are recommended)	Micronutrient testing, particularly, vitamin B12, vitamin D, and magnesium	Women's Nutrients (code: WN1C-C)	Take 2 capsules 2 times daily
		Magnesium (glycinate) (code: MG1C-C)	1-4 capsules daily, with food
Sleep & Relaxation Support for relaxation, sleep onset and sleep efficiency (Choose from the products listed)	Self-reported menopausal comfort	Melatonin 3 mg (code: ME36C-C)	Take 1 capsule, 30-60 minutes before bedtime
		Melatonin-SR (code: MESR6C-C)	Take 1 capsule, 30-60 minutes before bedtime
		Cortisol Calm (code: COR6C-C)	1 capsule in the morning and 1 capsule in the evening, with meal
Digestive Health Support for a healthy G.I. environment, bowel regularity, colon cell function and detoxification	Comprehensive stool analysis	G.I. Fortify (code: GIF4C-C)	Add 1 scoop to 240-360 mL water, stir & drink immediately. Drink an additional 240-360 mL of water following. Take once daily.
Healthy Blood Flow Support for nitric oxide production and healthy blood flow	Asymmetric Dimethylarginine	Nitric Oxide Support (code: NOS16C-C)	Take 3-4 scoops daily, mixed with water
Lipid Metabolism Support for lipid metabolism and overall cardiometabolic health	Advanced lipid profile	CholestePure (code: CHO1C-C)	Take 2 capsules, 3 times daily with meals
Glucose Homeostasis Support for healthy insulin function and glucose metabolism	Insulin HbA1c	Metabolic Xtra (code: MX29C-C)	1 capsule, 1-3 times daily, with meals

Available for download at PureEncapsulations.ca/en/pure-resources

Please note that patients may not require all supplements listed.

*Dr. Felice Gersh is a retained advisor to Pure Encapsulations.

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