

## Menopausal Cognitive Health Protocol

DEVELOPED WITH FELICE GERSH, M.D.\*

CLINICAL OBJECTIVE	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
<b>Essential Nutrients</b> Support for adequate nutrient status in women over the age of 40 (Both products are recommended)	Micronutrient testing, particularly, vitamin B <sub>12</sub> , 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
<b>Menopausal Comfort</b> Support for occasional hot flashes and emotional well-being	Self-reported menopausal comfort	PhytoBalance II (code: PHB6C-C)	1 capsule daily, between meals
<b>Antioxidant &amp; Inflammation Support</b> Support for cytokine balance	Physical assessment	Balanced Immune (code: BIM6C-C)	2 capsules, 1-2 times daily, with meals
<b>Cognitive Function</b> Support for cognitive performance and memory	Self-reported cognitive function	FocusPlus (code: DOP1C-C)	3 capsules daily, with or between meals

Available for download at [PureEncapsulations.ca/en/pure-resources](https://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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