

CLINICAL OBJECTIVE	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
<b>Essential Nutrients</b> Support for adequate nutrient status† (Both products are recommended)	Micronutrient testing, particularly, vitamins B <sub>12</sub> , 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>Sleep &amp; Relaxation</b> Support for relaxation, sleep onset and sleep efficiency, on an as needed basis.	Self-reported sleep quality and stress level	Melatonin 3 mg (code: ME36C-C)	1 capsule, 30 to 60 minutes before bed
		Cortisol Calm (code: COR6C-C)	1 capsule in the morning and 1 capsule in the evening, with meals
<b>Menstrual Comfort</b> Provides relief from cramps, food cravings, nervous tension, fatigue, breast tenderness and bloating associated with the menstrual cycle.	Self-reported menstrual comfort	PhytoBalance II (code: PHB6C-C)	1 capsule daily, 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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