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## Practitioner News: Latest Research on aggression

1 message

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31 July 2025 at 17:07

FAO Karen

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**From:** Pure Bio <info@purebio.co.uk>

**Sent:** 31 July 2025 17:00

**To:** info@purebio.co.uk

**Subject:** Practitioner News: Latest Research on aggression

Practitioner News  
Nutritional Update July 2025

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Dear Colleague

Welcome to our July nutritional update for practitioners. The aim of this regular news update is to keep you up-to-date with research findings from the nutritional industry, launch of new products and special offers from Pure Bio Ltd, and to help keep you abreast of products available for your patients and when and how to use them.

In this issue

- [Latest research on aggression](#)

- Inflammatory dietary patterns linked to brain aging
- Product Focus - New Product launch - Pantothenic Acid (vitamin B5)
- Pure Bio latest news - Discontinued products
- Summer Sale
- Pure Bio Gift Vouchers
- Quote of the Month
- How to Find Us

## Featured Articles

### ONE DIETARY SUPPLEMENT SHOWN TO REDUCE AGGRESSION BY UP TO 28%



Keep calm and try omega 3. The fatty acids, available as dietary supplements via fish oil capsules and thought to help with mental and physical well-being, could also cut down on aggression, according to a 2024 study.

These findings haven't come out of nowhere: omega-3 has previously been linked to preventing schizophrenia, while aggression and antisocial behaviour are thought in part to stem from a lack of nutrition. What we eat can influence our brain's chemistry.

Read more at [sciencealert.com](https://sciencealert.com)

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### INFLAMMATORY DIETARY PATTERNS LINKED TO BRAIN AGING



Research has linked a specific dietary pattern to blood markers of inflammation. Additionally, it showed that in elderly adults who followed such a dietary pattern, brain grey matter volume was less, and they had worse visuospatial cognitive function.

The study found that people who consume less omega 3, less calcium, vitamin E, vitamin D, and **vitamin B5** and B2 have more inflammatory biomarkers, detrimental to both the brain and cognition.

Read more at [Medscape.com](https://www.medscape.com)

# Product Focus

## NEW PRODUCT LAUNCH



### PANTOTHENIC ACID (VITAMIN B5)



We are pleased to announce the launch of a new Pure Bio Product - [Pantothenic Acid \(vitamin B5\) 60 capsules](#)

Pantothenic acid is the most important component of coenzyme A (CoA). This enzyme is involved in the transport of fats to and from cells, as well as to the energy-producing compartments in cells.

In cells, CoA is essential for fatty acid transport and fatty acid metabolism. Pantothenic acid assists in the conversion of carbohydrates to glucose (to produce energy). It also helps the body to utilise stored fats for energy.

Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and certain neurotransmitters, including acetylcholine.

It is a water-soluble vitamin and, like all other B vitamins, cannot be stored by the body. It must therefore be a standard part of the diet in order to avoid a deficiency.

**This product is**

- Free from gluten, soy & lactose
- GMO free and kosher
- Suitable for vegetarians and vegans

Recommended Dosage:

Take 1 capsule per day with food, or as directed by your healthcare practitioner.

Contents: One capsule provides:

Vitamin B5 500mg

(calcium pantothenate)

other ingredients: rice flour, vegetarian capsule

**ORDER NOW:**

Pantothenic Acid (vitamin B5 - 60 capsules - £19.99



To order a Pantothenic acid sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342.

This product replaces Pantethine in your test kit which has been discontinued.

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## Latest Pure Bio News

### DISCONTINUED PRODUCTS

Pure Encapsulations have discontinued the following products for the UK, so please remove them from your Pure Bio test kit.

**Pantethine 60 capsules** - suggested alternative is [Pantothenic Acid \(vitamin B5\) 60 capsules](#)

**COQ10 30mg 120 capsules** - suggested alternative is [COQ10 60mg 60 capsules](#)

**BCAA** - No suggested alternatives

Please let us know if you need replacement sample phials for your test kit and we will be happy to send them to you.

## Summer Sale



We are clearing our shelves of some shorter-dated products and are pleased to offer you some fantastic savings!  
**HURRY AS IT'S FIRST COME FIRST SERVED!**

Product	Size	Number of pots	Best before date	Sale price £
CBD Oil	20ml	1	18-Dec-24	FREE
NAC 500mg	90	4	15-Mar-25	FREE
SIN 39	50ml	1	31-Mar-25	FREE

Basenpulver	200g	2	13-Jun-25	FREE
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SIN41	50ml	2	30-Apr-25	FREE
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Ultranutrient	180	4	31-Jul-25	FREE
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**SIMPLY TELEPHONE 01403 730342 OR EMAIL US ON [info@purebio.co.uk](mailto:info@purebio.co.uk) TO PLACE YOUR ORDER AND TAKE ADVANTAGE OF THE SAVINGS**

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## Gift Vouchers

Did you know that we sell [Gift Vouchers](#) which can be used against the purchase of any of our products - from supplements to soap to socks? **A great gift at any time of year.**





The vouchers can be purchased in denominations of £5, £10 and £20 and are valid for one year.

***Why not give the gift of health with the luxury of choice!***

Order from the office 0044 (0) 1403 730342 or visit our website [here](http://www.purebio.co.uk)

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## Quote of the Month

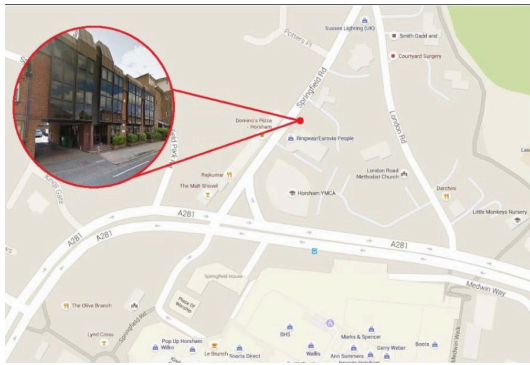
"Believe none of what you hear and half of what you see"

~ Benjamin Franklin

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## How to Find Us



You can order from our [website](https://www.purebio.co.uk) or make purchases in person.

Find us at: **Ground Floor, 44 Springfield Road, Horsham, West Sussex, RH12 2PD**

Tel: 0044 (0)1403 730342

Email: [info@purebio.co.uk](mailto:info@purebio.co.uk)



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