
Practitioner News: Latest on Heart Attacks

1 message

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Practitioner News
Nutritional Update April 2025

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Dear Colleague

Welcome to our April 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.

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Featured Articles

[**INTERMITTENT FASTING MAY HELP PREVENT BLOOD CLOTS**](#)



New research has found a link between intermittent fasting and blood clots.

Blood clot formation can contribute to life threatening events like strokes and heart attacks and blood clots in the lungs.

A study published in Life Metabolism examined the effects of intermittent fasting on components of blood clotting.

Researchers, using 160 study participants, human blood samples, and mice, found that intermittent fasting appears to help stop platelet activation and clot formation. The results suggest that it does this by enhancing the gut microorganisms' production of indole-3-propionic acid, which then affects clotting.

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

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PROBIOTICS MAY REDUCE NEGATIVE FEELINGS



New research reveals that taking probiotics daily can reduce negative emotions such as anxiety, fatigue, and stress.

The study used daily mood reports and emotion-processing tasks to assess the effects of probiotics in healthy young adults over a month.

While standard psychological questionnaires failed to capture mood changes, daily self-reports showed a clear reduction in negative feelings after about two weeks.

Importantly, the probiotics only reduced negative emotions without diminishing positive ones—a contrast to many antidepressants.

The effects were most pronounced in people with risk-avoidant traits, suggesting certain individuals may benefit more.

Researchers believe probiotics could become a targeted early intervention for mental health support, though more long-term research is needed.

Read more at neurosciencenews.com

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Product Focus

NEW PRODUCT LAUNCH



PROFLORA IMM



We are pleased to announce the launch of a new [Pure Bio Product -Proflora IMM – 60 capsules](#)

ProFlora IMM is a shelf-stable probiotic blend, requiring no refrigeration.

ProFlora IMM by Pure Bio contains nine strains of bacteria including *Lactobacillus acidophilus*, *Lactococcus lactis*, *Lactobacillus rhamnosus*, *Lactobacillus paracasei*, *Lactobacillus plantarum*, *Bifidobacterium breve*, *Bifidobacterium bifidum*, *Bifidobacterium longum* and *Streptococcus thermophilus*. **It provides 3.5 billion live bacteria per capsule.**

The probiotics within ProFlora IMM are pure, naturally fermented and able to survive both stomach acid and bile within the digestive tract. They are also antibiotic resistant.

Note: Probiotics (profloras) may be contraindicated for immunocompromised individuals. If you are pregnant or lactating, have any health condition or are immunocompromised, or are taking any medication, consult your practitioner before use.

This product is

- **Free from wheat and soy**
- **GMO free**
- **Suitable for vegetarians**

[Special Note](#)

This product does not require refrigeration to maintain culture viability.

[Recommended Dosage:](#)

Take 1-2 capsules daily with an evening meal, or as directed by your healthcare practitioner.

[Contents: One vegetarian capsule provides:](#)

Probiotic blend containing:

Lactobacillus acidophilus
Lactococcus lactis
Lactobacillus rhamnosus
Lactobacillus paracasei
Lactobacillus plantarum
Bifidobacterium breve
Bifidobacterium bifidum
Bifidobacterium longum
Streptococcus thermophilus

other ingredients: plant fibre (cellulose), vegetarian capsule (plant cellulose)

ORDER NOW:

[Proflora IMM - 60 capsules - £38.99](#)



To order an Proflora IMM sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342

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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.

Probiotic IMM - suggested alternative is [Pure Bio Proflora IMM](#) (see above for details)

Niacitol 650mg 180 capsules - suggested alternative is [Niacitol 500 mg 60 capsules](#)

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

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[Spring 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 available	Best before date	Sale price £
Multiphytonutrient	60	1	20 Sep 24	FREE
Charcoal Toothpaste	60ml	1	31 Dec 24	FREE
Chlorella Powder	100g	1	31 Dec 24	FREE
CBD Oil	20ml	3	31 Dec 24	FREE
SIN 44	50ml	3	31 Jan 25	FREE
SIN 19	50ml	2	31 Jan 25	FREE

<u>Adenosylcobalamin</u>	60	4	31 Jan 25	FREE
<u>NAC 500mg</u>	90	94	15 Mar 25	FREE
<u>Rhodiola Rosea</u>	90	2	31 Mar 25	FREE
<u>SIN 8</u>	50ml	6	31 Mar 25	FREE
<u>Nutrient 950E w/o Cu, Fe & Iodine</u>	180	2	30 Apr 25	FREE
<u>NAC 900mg</u>	120	2	30 Apr 25	FREE
<u>Pygeum Africanum</u>	120	4	30 Apr 25	FREE
<u>Arnica Gel</u>	100ml	2	30 Apr 25	FREE
<u>Ascorbic Acid</u>	250	8	31 May 25	£27.49

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!

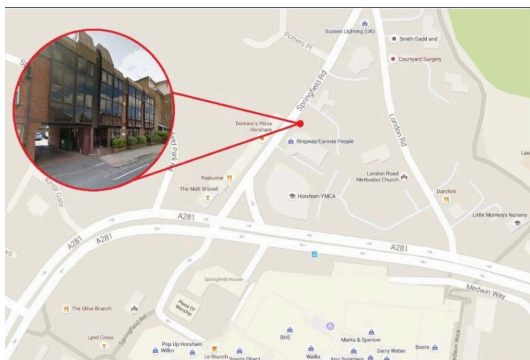
Order from the office 0044 (0) 1403 730342 or visit our website [here](#)

Quote of the Month

"Patience is not the ability to wait, but the ability to keep a good attitude while waiting"

— Joyce Meyer

How to Find Us



You can order from our [website](#) 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



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