
Practitioner News: Latest Research on better sleep

1 message

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Practitioner News
Nutritional Update August 2025

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Dear Colleague

Welcome to our August 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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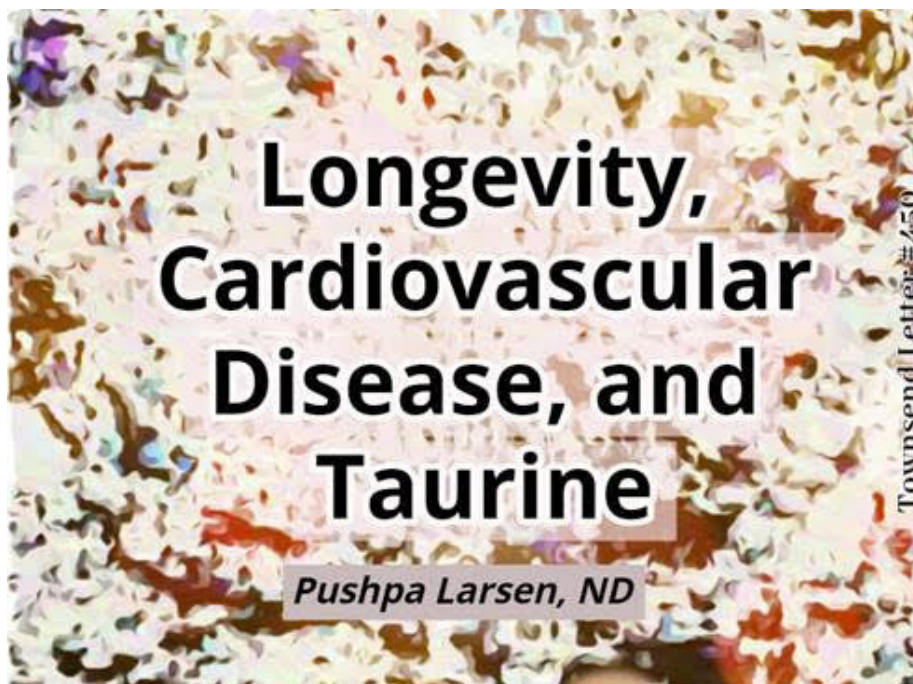
We know that sleep quality is important for many different aspects of our health, and there are multiple ways to get better shut-eye - including the right bedroom environment, regular exercise, and according to the latest research, lots of fruit and vegetables.

New research suggests that eating the recommended five cups of fruit and vegetables per day could improve sleep quality by 16 percent.

Read more at sciencealert.com

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LONGEVITY, CARDIOVASCULAR DISEASE AND TAURINE



The amino acid Taurine has been shown to have a beneficial effect on cardiovascular health, and is classified by some researchers as "one of the most essential substances in the body".

Where does it come from, and how can it help you?

Read more at townsendletter.com

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Product Focus

NEW PRODUCT LAUNCH



TAURINE



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

Taurine is a sulphur-containing amino acid. It is the most abundant free amino acid in the brain, retina, heart and nervous system. It is also found in high concentrations in skeletal muscle.

Taurine is a non-essential amino acid, derived from cysteine. It occurs naturally in food, especially in seafood and meat.

Taurine is an important component of bile acids which aid in the absorption of fat-soluble vitamins.

This product is

- **Free from wheat, gluten, soy & dairy**
- **GMO free**
- **Suitable for vegetarians and vegans**

Recommended Dosage:

Take 2 capsules daily on an empty stomach, or as directed by your healthcare practitioner.

Contents: One capsule provides:

Taurine

500mg

other ingredients: vegetarian capsule
(hydroxypropyl methyl cellulose)

ORDER NOW:

[Taurine - 60 capsules - £15.98](#)



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

[This product replaces the existing Taurine 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.

Taurine 60 capsules - suggested alternative is [Pure Bio Taurine 60 capsules](#)

Hyaluronic acid 180 capsules - suggested alternative is [Hyaluronic acid 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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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 £
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[SIN41](#)

50ml

2

30-Apr-25

FREE

SIMPLY TELEPHONE 01403 730342 OR EMAIL US ON 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](#)

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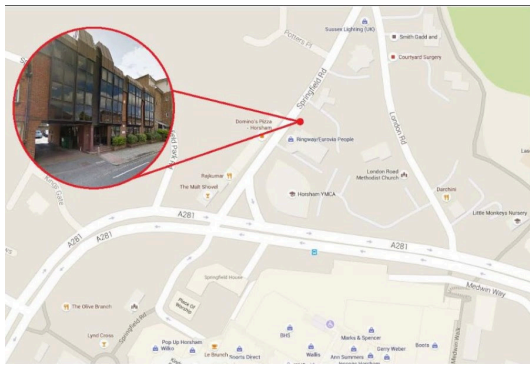
Quote of the Month

"Learning to ignore things is one of the great paths to inner peace"

Robert J. Sawyer

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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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