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Practitioner News December 2025: Latest Research on Diabetes

1 message

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31 December 2025 at 17:00

Practitioner News
Nutritional Update December 2025

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Dear Colleague

Welcome to our December 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

[NIGHTTIME PISTACHIO SNACKING MAY RESHAPE GUT MICROBIOME IN PREDIABETIC ADULTS](#)



Prediabetes affects a third of people in the United States and most of them will develop Type 2 diabetes, yet effective dietary intervention strategies remain limited. Pistachios have shown promise in improving markers of diet quality, yet little is known about how they influence the gut microbiome - a key player in glucose regulation and inflammation.

A new study has shown that nighttime pistachio consumption in adults with prediabetes can alter gut microbiome composition, increasing beneficial bacteria linked to gut health and reducing groups associated with less favourable metabolic outcomes.

These microbiome changes may have implications for metabolic health and glucose regulation.

Read more at [medicalexpress.com](https://www.medicalnewstoday.com/articles/375177)

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COLLAGEN FOR HEALTHY AGEING

The benefits of collagen:

1. Moisturizes skin
2. Reduces wrinkling
3. Tightens loose skin
4. Builds bone and cartilage
5. Reduces joint pain
6. Improves body composition

SCIENCE AND IRON
The science of health, fitness, and nutrition

Collagen is the most abundant protein in the body, and is found throughout the muscles, skin, tendons, and ligaments. Collagen helps to maintain healthy joint motion, keeps the skin taught, and strengthens the lining of the gastrointestinal tract.

Collagen exists in various forms, each being made up of a mix of different amino acids, including glycine, arginine, proline, and hydroxyproline.

Collagen production naturally declines with age, resulting in increased signs of aging such as wrinkles, decreased elasticity of the skin, cellulite, and joint pain. Lifestyle factors can also play a role in reduced collagen levels, including smoking, excess sun exposure, and nutritional deficiencies.

Genetics, impaired gut function and high stress levels will also exacerbate reducing levels of collagen.

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Product Focus

COLLAGEN (JOINT AND SKIN)





Collagen is a complex structural protein that is found within the fibrous tissues throughout the body, particularly tendons, ligaments, cartilage, bone and skin.

Pure Bio's Collagen (Joint & Skin) is extracted from hydrolysed fish sources. In hydrolysed collagen the collagen bonds have been broken, which leaves the essential amino acids intact and ready for optimal absorption and digestion.

This product is

- **Free from gluten, wheat, dairy and soya**
- **GMO free**
- **Not suitable for vegetarians and vegans**

Recommended Dosage:

Take 2-4 capsules per day in divided doses, with food, or as directed by your healthcare practitioner.

Contents: One capsule provides:

Collagen (Fish) 400mg

capsule shell (vegetable cellulose) 100mg

ORDER NOW:

[Pure Bio Collagen \(joint and skin\) 120 capsules - £44.99](#)

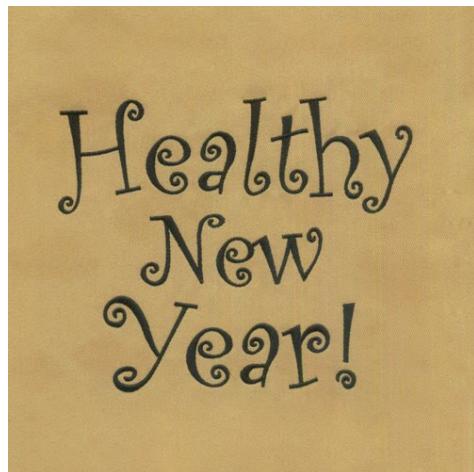


To order a Collagen (joint and skin) sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342.

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Latest Pure Bio News

WISHING YOU ALL A HAPPY AND HEALTHY 2026 - FROM ALL AT PURE BIO



PRODUCT REFORMULATION:

Organic Golden flax seed oil - omega 3 by Viridian has been reformulated and changed its name to [Organic Flaxseed omega oil](#). This reformulated product contains omega 3, 6 & 9



For those of you looking for solely omega 3 products, please see our range below

[EPA/DHA capsules \(90 or 180\)](#)

[EPA/DHA liquid](#)

[Krill Oil 60 capsules](#)

[DHA Liquid \(vegan\)](#)[EPA/DHA Vegan 60 capsules](#)**DISCONTINUED PRODUCTS**

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

Bacopa Monnieri 180 capsules - suggested alternative is [Ashwagandha 60 or 120 capsules](#)

5HTP 50mg 180 capsules - suggested alternative is [5HTP 100mg 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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WINTER 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 £
<u>Vitamin D3 5,000iu</u>	60	1	31-Oct-25	FREE
<u>SIN 57</u>	50ml	6	30-Nov-25	FREE
<u>Cal/Mag 2:1</u>	180	1	31-Dec-25	FREE

Nuzest Clean Lean Protein (Chocolate) 1kg 2 03-Jan-26 FREE

Nuzest Clean Lean Protein - Single Sachet (Chocolate) 25g 5 25-Jan-26 £1.50

Nuzest Clean Lean Protein - Single Sachet (Strawberry) 25g 7 25-Jan-26 £1.50

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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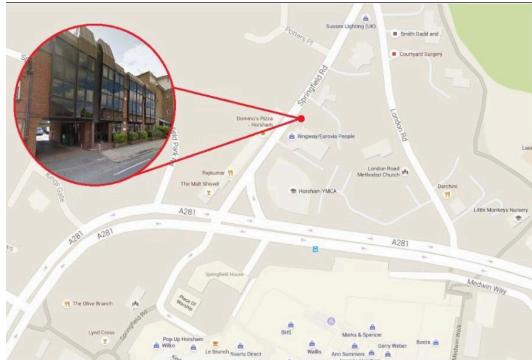
Quote of the Month

"The journey is what brings us happiness, not the destination"

Dan Millman

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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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