
Practitioner News January 2022: Latest research on Autoimmune Disease

1 message

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31 January 2022 at 12:15

Practitioner News
Nutritional Update January 2022

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**NEW YEAR MESSAGE FROM PURE BIO:**

As we head into 2022, we would like to take this opportunity to wish you all a year that brings good health and positive change.

We are, as ever, extremely grateful for your custom and support during 2021 - which proved to be another year with so many challenges for us all.

Rest assured that we remain committed to providing you with the very best products and service through 2022.



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Dear Colleague

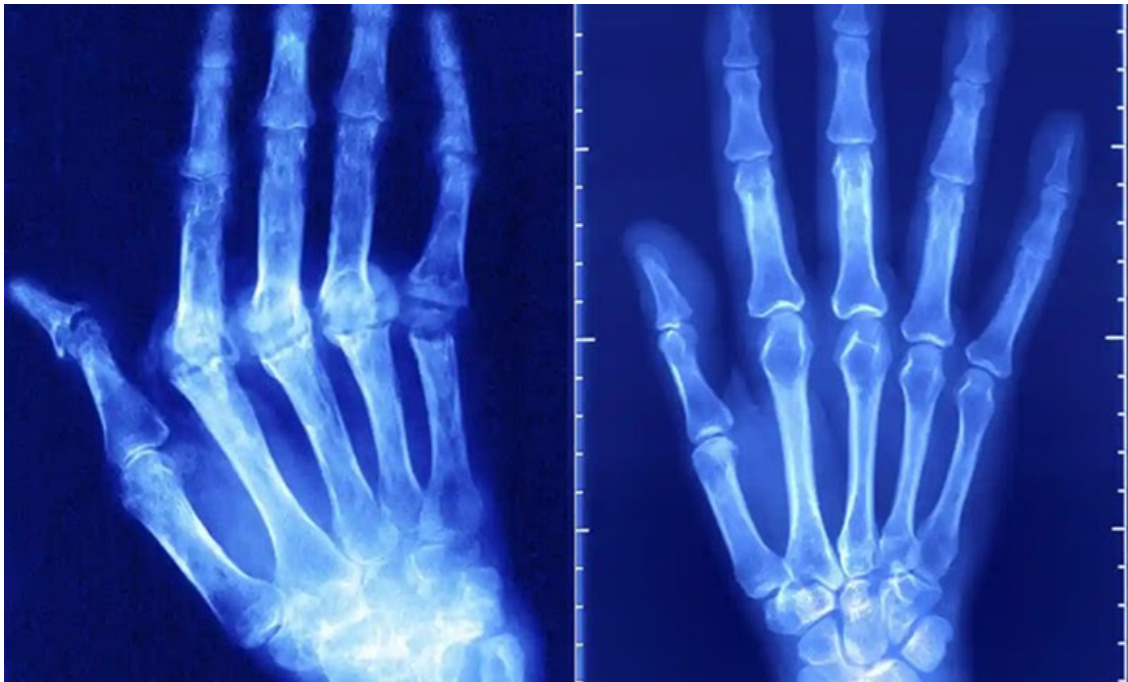
Welcome to our January nutritional update for practitioners. The aim of this regular news update is to keep you up-to-date with research findings from the nutritional industry, launch of new products and special offers from Pure Bio Ltd, and to help keep you abreast of products available for your patients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

In this issue

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Featured Articles

[**GLOBAL SPREAD OF AUTOIMMUNE DISEASE BLAMED ON WESTERN DIET**](#)



New DNA research by London-based scientists hopes to find cure for rapidly spreading conditions.

More and more people around the world are suffering because their immune systems can no longer tell the difference between healthy cells and invading micro-organisms. Disease defences that once protected them are instead attacking their tissue and organs. Major international research efforts are being made to fight this trend - including an initiative at London's Francis Crick Institute, where two world experts, James Lee and Carola Vinuesa, have set up separate research groups to help pinpoint the precise causes of autoimmune disease, as these conditions are known.

Read more at theguardian.com

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DANCING IS THE BEST EXERCISE FOR POST-MENOPAUSAL WOMEN



A new study published in Menopause, the journal of The North American Menopause Society, finds that women who danced three times a week changed their body composition and metabolic health, all while bolstering their self-esteem.

For the study, the researchers asked 36 sedentary women to participate in dance three times a week for 90 minutes for 16 weeks. Researchers examined their triglyceride levels, HDL cholesterol (often called good cholesterol), their capacity for exercise and self-esteem. After dancing for four months, women had lower triglycerides, higher HDL levels, increased ability to exercise and better self-image.

Read more at today.com

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Product Focus

NEW PRODUCT LAUNCH



SILICA (FROM BAMBOO EXTRACT)



We are pleased to announce the launch of a new Pure Bio product – [Silica \(from Bamboo Extract\) - 60 capsules](#).

Silica is a trace mineral which is required by the body in small amounts.

Silica is found in compounds called glycosaminoglycans, which are components of structural tissues such as arteries, tendons, skin, bones and cartilage. It also supports the integrity of hair and nails.

Pure Bio's Silica is an entirely clean source of natural silica extracted from bamboo gum. Bamboo gum contains over 90% organic silica, thus providing a very high strength product.

This product is:

- **Free from gluten, soya, lactose and dairy**
- **GMO free**
- **Suitable for vegetarians & vegans**

Recommended Dosage

Take 1 capsule daily with meals, or as directed by your healthcare practitioner.

Contents: one capsule provides:

Bamboo extract	432mg
providing:	
Silica	324mg
Black Pepper extract (10% Piperine)	16mg
Ginger extract (5% Ginerol)	16mg
Cumin extract (10:1)	16mg
other ingredients: capsule shell (vegetable cellulose)	

ORDER NOW :

[Silica \(from Bamboo Extract\) - 60 capsules - £16.99](#)



To order a Silica (from Bamboo Extract) 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

Due to the ever-increasing import regulations and costs, we have been working hard over the last few months to increase our range of UK manufactured supplements, in order to extend our range of competitively-priced products, whilst maintaining the highest quality and purity you have come to expect from Pure Bio.

We are pleased to announce that we will be introducing our UK manufactured range gradually over the coming months, so please be sure to check our newsletter regularly for our product launches and updates.

This month we are launching [Pure Bio Silica \(from Bamboo Extract\)](#). Please see above for full details.

******NEW RANGE ******

ALCOHOL FREE HERBAL TINCTURES



In response to a growing demand from our customers, we are pleased to announce the introduction of a new Pure Bio range of ALCOHOL FREE herbal tinctures to complement our existing range of herbal tinctures. Initially, our range of Alcohol free tinctures will be available based on our most popular herbs, as shown on the [attached list](#), with the alcohol free option highlighted, but will be expanded as demand dictates.

Alcohol free tinctures are particularly useful for patients who may be recovering from an addiction or who don't wish to use alcohol for religious or cultural reasons or simply would prefer to use alcohol free products.

PLEASE NOTE: OUR NORMAL TINCTURES WILL ALWAYS BE OFFERED TO YOUR PATIENTS IN THE FIRST INSTANCE UNLESS THEY SPECIFICALLY REQUEST THE ALCOHOL FREE VERSION.

As part of our ongoing commitment to safe prescribing, all our herbal tinctures are restricted products and can only be purchased under the guidance and prescription of a healthcare practitioner registered with us.

Only practitioners can view or order them from our website (when logged in as a practitioner). **Your patients must telephone or email their orders to us to buy these products.**

Please do let us know if you would like us to add further herbal tinctures to the Pure Bio alcohol free range. Your feedback is appreciated. Thank you.

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New Year 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 (caps)	Number of pots available	Expiry date	Sale price £
Acetyl-L-Carnitine 500mg	60	5	31 Jan 22	FREE
Astaxanthin	120	9	28 Feb 22	£46.86
Womankind Premenstrual	60	5	28 Feb 22	£14.97
Hydroxycobalamin Liquid	100ml	2	16 Mar 22	£10.50

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**



Pure Bio Gift Voucher

This certificate entitles you to £ **Example only** *of products from Pure Bio Ltd*

The gift of health — with the luxury of choice!

Ground Floor
44 Springfield Road
HORSHAM
West Sussex
RH12 5PD
Tel: 01403 730342
www.purebio.co.uk

Your lifestyle solution

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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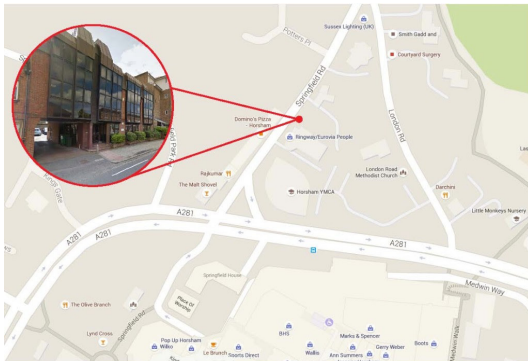
Quote of the Month

"You will never be able to escape from your heart. So it is better to listen to what it has to say."

Paul Coelho

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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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