



Pure Bio <purebioltd@gmail.com>

Practitioner News January 2026: Latest Research on Sleep Apnoea

1 message

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30 January 2026 at 17:00

Practitioner News
Nutritional Update January 2026

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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 and how to use them.

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Featured Articles

[OBSTRUCTIVE SLEEP APNOEA INCREASES RISK OF PARKINSON'S DISEASE](#)



New research reveals that people with untreated obstructive sleep apnoea have a higher risk of developing Parkinson's disease. However, they can significantly reduce the risk by improving the quality of their sleep by using continuous positive airway pressure, or CPAP.

The study, published in the journal JAMA Neurology, examined electronic health records covering more than 11 million U.S. military veterans who received care through the Department of Veterans Affairs between 1999 and 2022. The research was led by Oregon Health & Science University and the Portland VA Health Care System.

Parkinson's is a neurodegenerative condition that affects an estimated 1 million people nationwide, with the risk rising incrementally year by year for people over age 60.

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

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[HIGH SUGAR INTAKE INCREASES RISK OF DEPRESSION](#)



New research has discovered that sugar increases the chances of depression, and a 100g of sugar consumption per day raises the risk by 28%.

Overall, major sugar consumers were nearly a third more likely to suffer from depression than those who had very little in their diet, researchers for the Shandong University of Traditional Chinese Medicine found after tracking a group of around 18,400 people.

Read more at pubmed.ncbi.nlm.nih.gov

If you have ever wondered why it is so difficult to reduce sugar cravings this will help.



SO, WHICH NUTRITIONAL SUPPLEMENTS CAN HELP YOU BREAK THE SUGAR CYCLE?

- [Chromium](#)
- [Cinnamon](#)
- [Glucose Support Formula](#)
- [Alpha Lipoic Acid](#)

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Product Focus

CHROMIUM (PICOLINATE)



Nothing But Pure®



[Pure Encapsulations Chromium picolinate 60 capsules](#) provides 200mcg of chromium picolinate which is a bioavailable form of chromium, meaning it is well absorbed by the body.

Chromium contributes to the maintenance of healthy blood glucose levels by enhancing the effects of insulin released from the pancreas. This in turn promotes the breakdown of fats, proteins and carbohydrates.

Chromium has been shown to reduce food and sugar cravings and is thought to work in part by influence on neurotransmitters involved in appetite and mood. Chromium has also been successful in the treatment of binge eating disorder, helping to reduce the binge frequency and associated symptoms of depression.

A study has also found that when treating people with depression who also had high carbohydrate craving, chromium significantly reduced their carbohydrate cravings and their overall depression scores improved considerably also.

This product is

- **Free from gluten**
- **GMO free**
- **Suitable for vegetarians and vegans**

Special Note

If you are pregnant or lactating, have any health condition or are taking any medication, consult your healthcare practitioner before use.

Recommended Dosage:

Take 1-2 capsules per day in divided doses, with meals, or as directed by your healthcare practitioner.

Contents: One vegetable capsule provides:

Chromium (picolinate) 200mcg

hypoallergenic plant fibre (microcrystalline cellulose)

Vegetarian capsule (hydroxypropyl methyl cellulose)

ORDER NOW:

[Chromium \(picolinate\) 200mcg 60 capsules - £15.70](#)



To order a Chromium (picolinate) 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.

L-Methionine - suggested alternative is [Liver GI 60 capsules](#) or [Essential Aminos Plus 120 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 £
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<u>Nuzest Clean Lean Protein - Single Sachet (Chocolate)</u>	25g	5	25-Jan-26	FREE
<u>Nuzest Clean Lean Protein - Single Sachet (Strawberry)</u>	25g	7	25-Jan-26	FREE
<u>Proflora 123</u>	60g	3	28-Feb-26	£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.**



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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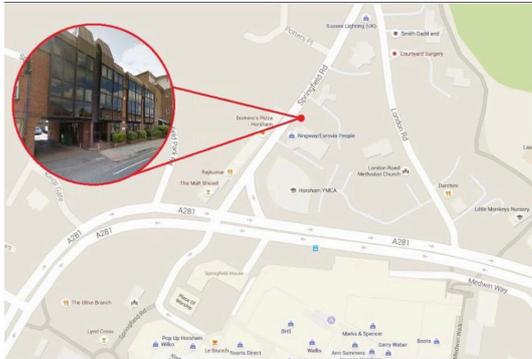
Quote of the Month

"Some people are so much sunshine to the square inch"

Walt Whitman

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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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