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## Practitioner News: Latest Research on protecting memory

1 message

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30 June 2025 at 17:00

Practitioner News  
Nutritional Update June 2025

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Dear Colleague

Welcome to our June 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

[WHEN THE BRAIN LACKS FUEL, EXERCISE STILL PROTECTS MEMORY](#)



A new study shows that exercise can preserve brain function even when the body can't produce ketones, an alternative fuel source made in the liver during glucose shortages.

Researchers found that when ketone production was disrupted, memory and cognitive performance declined, but physical activity still reversed some of these effects.

This suggests that exercise activates multiple brain-supporting mechanisms beyond energy metabolism alone.

Read more at [neurosciencenews.com](https://neurosciencenews.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 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](http://neurosciencenews.com)

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## Product Focus

### NEW PRODUCT LAUNCH



### SACCHAROMYCES BOULARDII (live probiotic)



We are pleased to announce the launch of a new [Pure Bio Product - Saccharomyces Boulardii \(live probiotic\) 60 capsules](#)

Saccharomyces boulardii is a unique, non-pathogenic, probiotic yeast.

Each capsule of Pure Bio's Saccharomyces boulardii provides on average **10 billion viable organisms** which will survive well when exposed to both stomach acid and bile within the gastrointestinal tract.

Unlike some other products, S. Boulardii does not multiply (colonize) in the gut, and it takes just three days to reach a maximum steady state. The activity of S. Boulardii is exerted as it makes its way through the digestive tract.

The product is freeze dried during manufacture, allowing it to be "shelf stable"

***It does not require refrigeration.*** It is also resistant to antibiotics.

### **This product is**

- **Free from gluten, soy & lactose**
- **GMO free and kosher**
- **Suitable for vegetarians and vegans**

### Special Note

Probiotics may be contraindicated for immunocompromised individuals.

If you are pregnant or lactating, have any immune-related health condition or are immunocompromised, consult your practitioner before use.

### Recommended Dosage:

Take 1 capsule per day with food and a glass of water, or as directed by your healthcare practitioner.

### Contents: One capsule provides:

Saccharomyces Boulardii	500mg
(approximately 10 billion viable organisms)	

other ingredients:

rice flour, vegetarian capsule (Hydroxypropyl Methyl Cellulose)

### **ORDER NOW:**

[Saccharomyces Boulardii \(live probiotic\) - 60 capsules - £29.99](#)



To order a **Saccharomyces Boulardii** 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.

**Cal/mag malate 2:1 180 caps** - suggested alternative is [Calcium Magnesium \(citrate/malate\) 180 capsules](#)

**Organic Acerol vitamin C powder** - suggested alternatives are [Pure ascorbic acid \(vitamin C\)](#).

[powder](#) or [Buffered Ascorbic Acid Powder](#)

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 £
<a href="#">Vitamin K with D3</a>	60	1	30 Jun 24	FREE
<a href="#">Zinc (citrate)</a>	60	1	31 Mar 25	FREE
<a href="#">Ascorbic Acid</a>	90	1	31 May 25	FREE
<a href="#">Basenpulver</a>	200g	2	13 June 25	FREE

[Magnesium Orotate Powder](#) 1 300g 18 June 25 FREE

[Ultranutrient](#) 180 4 31 Jul 25 £42.49

SIMPLY TELEPHONE 01403 730342 OR EMAIL US ON [info@purebio.co.uk](mailto: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

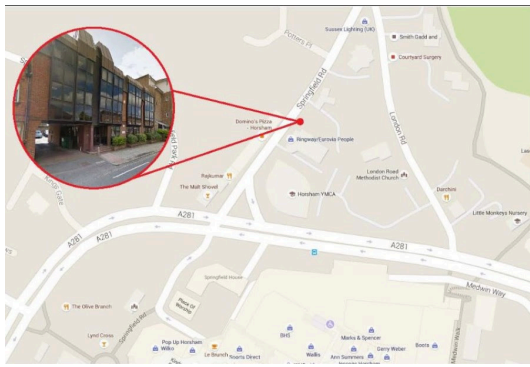
"Anger is a punishment we give to ourselves for someone else's mistake"

~ Gautama Buddha

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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](mailto:info@purebio.co.uk)



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