
Practitioner News February 2020: Latest update on Coronavirus

1 message

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Practitioner News
Nutritional Update February 2020

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Dear Colleague

Welcome to our February 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.

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Featured Articles

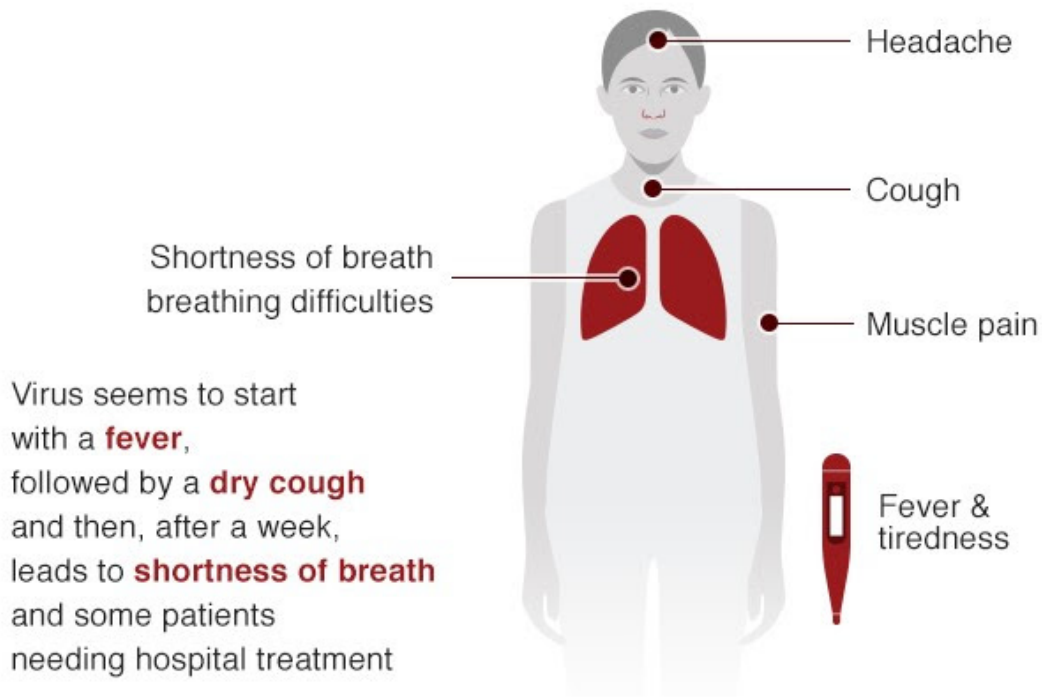
[CORONAVIRUS \(COVID-19\)](#)

[What are the coronavirus symptoms?](#)

Coronavirus is a respiratory disease, which seems to start with a fever, followed by a dry cough. After a week, it leads to shortness of breath and some patients require hospital treatment.

These symptoms do not necessarily mean you have the illness. They are similar to those for much more common viruses, such as colds and flu.

Symptoms of coronavirus (Covid-19)



Source: WHO

BBC

In more severe cases, coronavirus can cause pneumonia, severe acute respiratory syndrome, multiple organ failure and even death.

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease), are more likely to become severely ill.

The incubation period - between infection and showing any symptoms - lasts up to 14 days, the World Health Organisation (WHO) says. But some researchers say it may be up to 24 days.

[How do I protect myself?](#)

Regular and thorough hand washing is crucial in the fight to avoid picking up the disease, according to the health agencies.

It is not yet known exactly how coronavirus spreads from person to person. However, similar viruses are spread via droplets, such as those produced when an infected person coughs or sneezes.

Sanitation guidelines would, therefore, be: cough and sneeze into a tissue and then dispose of it immediately; avoid touching your face with unwashed hands; avoid unnecessary skin contact with others (handshakes, kissing as a greeting, etc) and avoid close contact with infected people wherever possible.

Building up the immune system of patients is also key to counteracting any problems affecting the respiratory system, or any viral and bacterial infections, so it is advisable to follow increased supplementation protocols, for example, [high doses of Vitamin C](#) - 2,000mg a day taken in 2-3 smaller doses throughout the day - and [Pukka Mushroom Gold](#) to boost the immune system.

For those practitioners who use the [Alfa Omega range](#) of phytotherapy-phyto-dynamic remedies, the following is recommended:

To increase and strengthen IMMUNITY DEFENCES:

- [FITOMEGA SIN 39](#): synergistic and dynamic phytocomplex with immunostimulating function
- [COLOVITA](#): pure goat clostrum, containing immune factors (IgG, IgM, IgA, cytokines, interleukins and interferon) and growth factors, thereby strengthening immune defences
- [FITOFLUALFA](#): supports the immune system, especially against viral and bacterial infections, inflammatory conditions of the respiratory system and flu-like diseases
- [OROMIX PLUS](#): useful in stimulating the immune system and in decreasing the symptoms and duration of diseases affecting the respiratory system.

Specific remedies that could be useful in counteracting any viral infections:

- [FITOMEGA DIS 14](#): synergistic and dynamic phytocomplex, useful in the detoxification of viral infections
- [FITOMEGA DRE 16](#): synergistic and dynamic phytocomplex to enhance metabolic drainage and as an adjuvant in all anti-inflammatory and detoxifying treatments

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CHAMOMILE HELPS PMS SYMPTOMS



Comparison of the effects of *Matricaria chamomila* (Chamomile) extract and mefenamic acid on the intensity of premenstrual syndrome - This study showed that consumption of Chamomile seems to be more effective than non-steroidal anti-inflammatory drugs in relieving the intensity of PMS associated symptomatic psychological pains.

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

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Product Focus

NEW PRODUCT LAUNCH



Womankind premenstrual (organic)



We are pleased to announce the launch of a new product - [Womankind Premenstrual by PUKKA - 60 capsules](#)

If a woman's mind, body and spirit are not nourished and supported, hormonal irregularities can exacerbate menstrual symptoms, such as painful, heavy periods and PMS. Over time, this can exhaust the nervous system and adrenal glands, leading to a loss of vitality and libido.

Pukka's Womankind Premenstrual formula helps maintain feminine rhythm and provides support for the whole reproductive system.

It contains:

- Shatavari, which contains natural precursors to female hormones
- Orgen-B, a natural plant-derived Vitamin B complex, which strengthens the immune, circulatory and nervous systems, whilst also supporting adrenal function
- Reishi mushroom for the immune system. Reishi has been clinically proven to provide essential protection in breast health
- Pomegranates and Broccoli seed sprouts, both a natural source of oestrogen
- Turmeric, a well-established anti-inflammatory

Special Note

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

Recommended Dosage

Take 1-2 capsules per day with water, before food, or as directed by your healthcare practitioner.

Contents: each capsule provides:

Shatavari root wholistic extract (asparagus racemosus)	84mg
Shatavari root (asparagus racemosus)	84mg
Reishi full spectrum powder (Ganoderma lucidum)	84mg
Turmeric root Wholistic(™)10:1 (curcuma longa)	84mg
Broccoli seed sprouts freeze dried 3:1 (brassica oleracea var. italic)	67mg
Green Tea leaf aqueous extract 4:1 (camellia sinesis)	67mg
Vitamin B Complex Orgen-B (from Holy Basil, Lemon and Guava fruit extracts)	34mg
Pomegranate seed Wholistic(™) 15:1 (punica granatum)	34mg
Motherwort leaf extract 7:1 (leonurus cardiaca)	34mg
Maca root extract 4:1 (lepidium myenii)	34mg

Aloe Vera Juice Concentrate 200:1 (aloe vera)	27mg
Nutrigest(™):	
Seagreens® Arctic fresh seaweed (ascophyllum nodosum)	24mg
Ginger root (zingiber officinale)	10mg
Spirulina (arthrospirea platensis)	7mg
Vegetable cellulose capsule (hydroxypropyl methylcellulose)	

ORDER NOW :

[Pukka Womankind Premenstrual - 60 capsules - £29.94](#)



To order a Pukka Womankind Premenstrual sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342. (please note, this replaces the phial for Prosoothe II, which has been discontinued)

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Latest Pure Bio News

[THE GET WELL SHOW - LONDON OLYMPIA 21-23 FEBRUARY 2020](#)

We were delighted to exhibit at the recent Get Well Show at Olympia in London - the first time this show has been held. It was well attended by the general public and practitioners alike. It was wonderful to see some of our experienced practitioners who popped in to say hello to us, and to meet new practitioners also.



GekBee Prout, Kinesiologist - muscle testing
Annette Hornby



The Pure Bio stand at the Get Well Show

For more photos please see our [latest news page](#) on our website

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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 [Pukka Womankind Premenstrual \(organic\)](#) - Please see above for full details

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SPRING SALE



We are clearing our shelves of some shorter-dated Pure Encapsulations products and are pleased to offer you some fantastic savings! **HURRY AS IT'S FIRST COME FIRST SERVED!**

<u>Product</u>	<u>Size (caps)</u>	<u>Number of pots available</u>	<u>Expiry date</u>	<u>Sale price £</u>
Cortisol Calm	120	9	31 Oct 19	FREE
Policosanol 20mg	60	3	30 Nov 19	FREE
Tocotrienols	120	1	31 Jan 20	FREE
L-Glutamine Powder	227g	1	29 Feb 20	FREE

<u>Digestive Enzymes Ultra</u>	180	5	29 Feb 20	FREE
<u>CoQ10 60mg</u>	120	22	29 Feb 20	FREE
<u>Blackcurrant Seed Oil</u>	100	4	29 Feb 20	FREE
<u>ONE Omega</u>	30	9	29 Feb 20	FREE
<u>Athletic Nutrients</u>	180	1	31 March 20	£29.56
<u>Green Tea Extract</u>	60	4	31 March 20	£12.42
<u>NAC 600mg</u>	360	10	30 Apr 20	£28.00
<u>Bromelain 2400 500mg</u>	60	16	30 Apr 20	£14.97
<u>Pro Soothe II</u>	120	12	31 Jul 20	£29.95
<u>Best Rest Formula</u>	60	66	31 Jul 20	£16.85

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 time to relax is when you don't have time for it"

Sydney Harris

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How to Find Us

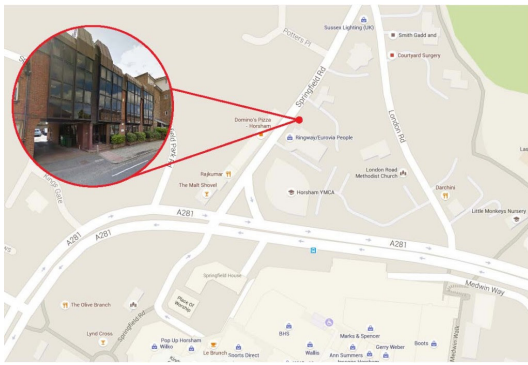
You can order from our [website](#) or make purchases in person. [Find us at:](#)

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