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## Practitioner News October: Latest Research on Multiple Sclerosis

1 message

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31 October 2017 at 09:07

Practitioner News  
Nutritional Update October 2017

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Dear Colleague

Welcome to our October 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

#### [The FODMAP diet - Impact on IBS \(Irritable Bowel Syndrome\)](#)

The FODMAP DIET - A GOOD OPTION FOR ABDOMINAL GAS AND BLOATING - Dr William Belistreri surveys the latest data on this dietary invention's efficacy in irritable bowel syndrome.



Non-coeliac gluten sensitive patients would appear to benefit further from a low FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) diet, according to latest research. GI symptoms consistently and significantly improved for all participants during the phase of reduced intake of FODMAPs. When these patients were re-challenged by reintroduction of gluten into the otherwise low-FODMAP diet, they did not experience a specific or dose-dependent relapse.

Read more at [medscape.com](https://www.medscape.com) or click [here](#)

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### [Vitamin D levels may help predict risk of Multiple Sclerosis](#)

Examining vitamin D levels in the blood may help predict whether a person is at risk of developing multiple sclerosis (MS), according to a large new study published in *Neurology*, the medical journal of the American Academy of Neurology ...

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



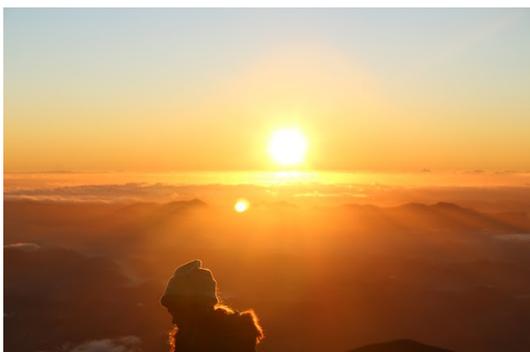
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## Product Focus

### [The Benefits of Vitamin D](#)

[Vitamin D](#) is a fat-soluble vitamin that acts as a steroid hormone, promoting intestinal calcium and phosphorous absorption and reducing urinary calcium loss, thereby supporting optimal levels of serum and tissue calcium and healthy bone composition.

Very few foods contain much Vitamin D, and those that do fall well short of providing what is needed on a daily basis



Vitamin D3 is naturally produced in human skin in the presence of UVB light. There is a growing recommendation for 20 minutes of sun exposure daily (without sun cream but outside the intensive period of midday - 3pm), as this is estimated to produce 2,000 i.u. Vitamin D3 in the body.

Vitamin D receptors are found on most cells in the body, including immune cells, lymphocytes and

macrophages.

Vitamin D is essential for maintaining healthy bones and teeth, for normal functioning of the immune system (including the inflammatory response to wounds and infection), and for supporting normal cell division.

Vitamin D3 deficiency is pandemic, due in part to the modern-day indoor lifestyle, to the use of sunscreen and due also to dietary changes. Therefore, a daily supplement is recommended from October to March, and also throughout the summer months for the elderly, children and those who spend little time outdoors.

***It is recommended that individuals supplementing with more than 2,000 i.u. Vitamin D per day have their blood levels monitored regularly.***

Please see below for our full range of [Vitamin D](#) products - for more details of each product, or to order, please click on the links below.



[Calcium with Vitamin D3](#)  
**£24.52**



[Vitamin D3  
\(1,000iu\)](#)  
**£12.59**



[Vitamin D3  
\(400iu\)](#)  
**£20.58**



[Vitamin D3 liquid](#)  
**£24.95**



[Vitamin D3  
\(5,000iu\)](#)  
**£16.82**



[Vitamin D3 \(vegan\)  
liquid](#)  
**£33.17**



[Vitamin D2  
\(1,000iu\) \(Vegan\)](#)  
**£14.00**

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## Latest Pure Bio News

### [How do you choose a supplement?](#)

What should you look for in a quality vitamin?

With hundreds of vitamins and minerals on the market, choosing the right ones can be a minefield. 'Choosing the Right Food Supplement' is a four-minute video guide, sponsored by [Viridian Nutrition](#), for whom [Pure Bio](#) are main stockists



Why are people not getting the right level of vitamins and minerals in their diet

<https://youtu.be/PUeibNbQpXU>

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### SPECIAL OFFERS

This month we have a Special Offer for you on one of our products. Simply telephone **01403 730342** to place your order and take advantage of the savings. **It's first come, first served!**

We have 5 pots of a special Pure Encapsulations product - [PS Plus - 60 caps.](#) On offer at HALF PRICE - available to you at only £35.00 per pot (expiry 06/18)



**SIMPLY TELEPHONE 01403 730342 TO ORDER, OR EMAIL US ON [info@purebio.co.uk](mailto:info@purebio.co.uk)**

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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 stocking filler this Christmas time**



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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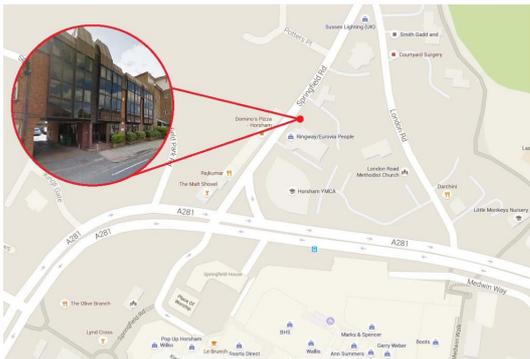
## Quote of the Month

**"When in doubt, just take the next small step"**

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,  
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Email: [info@purebio.co.uk](mailto:info@purebio.co.uk)

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