
Practitioner News April 2024: Latest research on longer life

1 message

Pure Bio <info@purebio.co.uk>
Reply-To: Pure Bio <info@purebio.co.uk>
To: purebioltd@gmail.com

30 April 2024 at 16:51

Practitioner News
Nutritional Update April 2024

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Dear Colleague

Welcome to our April 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

[A HEALTHY HYPOTHALAMUS LINKED TO LONGER LIFE](#)



Scientists have identified the hypothalamus as the part of the brain that can help us live longer and they've seen, in experiments with laboratory mice, what can happen if it starts to malfunction.

People with a healthy hypothalamus can live up to seven years longer, say scientists from Washington University in St Louis.

The hypothalamus regulates the body's organs and fat tissue that, in turn, provide feedback in a loop that is essential for energy production throughout the body. When this feedback loop starts to deteriorate, chronic health problems develop.

The scientists identified an enzyme, called eNAMPT, that fat tissue releases as part of the communication loop to the hypothalamus and that maintains strong connections to the brain.

Other ways to maintain healthy hypothalamus functioning include eating a diet of fruits, vegetables and healthy fats; supplementing with vitamins C, B1 and B2, as well as chromium and essential oils; exercising regularly; getting a good night's sleep and reducing stress levels.

Read more at sciencedaily.com

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[VITAMIN D DEFICIENCY LINKED TO PERIPHERAL NEUROPATHY](#)



Vitamin D deficiency is independently linked to the risk for diabetic peripheral neuropathy (DPN) by potentially affecting large nerve fibres in older patients with type 2 diabetes (T2D).

Although previous research has shown that vitamin D deficiency is common in patients with diabetes and may increase the risk for peripheral neuropathy, its effects on large and small nerve fibre lesions have not been well explored yet.

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

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Product Focus

VITAMIN D3



Nothing But Pure®



WE HAVE A FULL RANGE OF VITAMIN D3 SUPPLEMENTS IN DIFFERENT STRENGTHS AND IN CAPSULE OR LIQUID FORM, AND VEGAN OPTIONS TOO.

Vitamin D is a hormone that promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, thereby supporting optimal levels of serum and tissue calcium and healthy bone composition.

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 2,000iu of 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.

Also available as [5,000iu](#), [2,000iu](#), [400iu](#) or in [liquid](#) form.

It is recommended that individuals using more than 2,000iu Vitamin D per day have their blood levels monitored regularly.

This product is:

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

Special Note:

If pregnant or lactating, please consult your healthcare practitioner before use.

Recommended Dosage:

Take 1 capsule 1-4 times daily or as directed by your healthcare practitioner.

Contents: One capsule provides:

Vitamin D3 1,000iu

other ingredients:

hypoallergenic plant fibre (microcrystalline cellulose),

vegetarian capsule (hydroxypropyl methyl cellulose)

ORDER NOW :

[Vitamin D3 1,000iu - 120 capsules - £26.50](#)



To order a Vitamin D3 1000iu 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](#)

WE ARE RECRUITING

We are looking for a new administrative assistant to join our team in our busy Horsham office - PART TIME position - 3 days per week - If you have any contacts who may be interested please ask them to email janette@purebio.co.uk for full details and enclose their CV.

www.purebio.co.uk

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WHY CHOOSE US?

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- **Absolute Reliability** - Goods despatched on day of order
- **Worldwide Delivery** - Efficient customer service wherever you are
- **Competitive Prices** - Excellent value for money

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Spring 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 available	Best before date	Sale price £
Nutrient 950E w/o Cu, Fe & Iodine	180	3	30 April 2024	FREE
Pycnogenol	30	3	30 Apr 24	FREE
Acetyl-L-Carnitine	60	1	30 April 24	FREE
Espol Cough Syrup	150ml	1	30 April 24	FREE
M10 - Miasm	50ml	4	31 May 2024	£9.48

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](http://www.purebio.co.uk)

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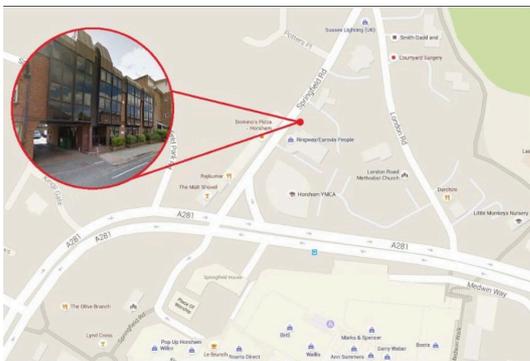
Quote of the Month

"When a million people believe in a bad idea, it's still a bad idea"

Dr B J Palmer

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How to Find Us



You can order from our [website](http://www.purebio.co.uk) 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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