

## Practitioner News Aug 2023: Latest research on Blood pressure

1 message

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31 August 2023 at 16:35

Practitioner News  
Nutritional Update August 2023

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[Top](#)

Dear Colleague

Welcome to our August 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.

In this issue

- [Latest research on Blood pressure](#)
- [Andrographis beneficial in co-treatment of SARS-CoV2](#)
- [Product Focus – NEW PRODUCT LAUNCH -Andrographis Complex](#)
- [Latest Pure Bio News - customer satisfaction - win a £50 Pure Bio gift voucher](#)
- [Summer Sale](#)
- [Forthcoming Seminars - LAST CHANCE TO BOOK!](#)
- [Pure Bio Gift Vouchers](#)
- [Quote of the Month](#)
- [How to Find Us](#)

## [Featured Articles](#)

[\*\*BEST EXERCISE FOR LOWERING BLOOD PRESSURE IDENTIFIED\*\*](#)



Isometric exercises such as wall sits and planks are likely more effective in lowering blood pressure than aerobic exercise.

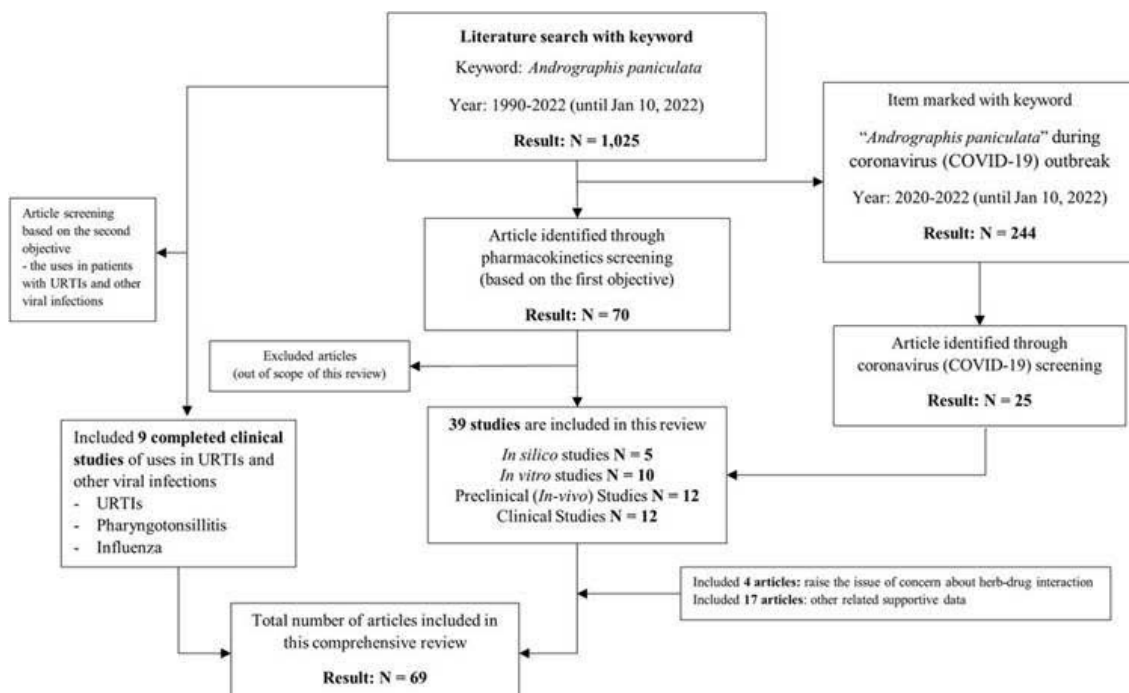
Isometric exercise training emerged as the most effective mode to reduce blood pressure in a systematic review and meta-analysis of 270 randomized trials with close to 16,000 participants. The findings support the development of new exercise guidelines for blood pressure control, the authors say.

Previous research, based on older data that excluded high-intensity interval training (HIIT) and isometric exercise training (IET), led to aerobic exercise training (AET) being recommended for managing blood pressure, according to the authors.

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

[Back to Top](#)

## ANDROGRAPHIS FOUND TO BE BENEFICIAL IN THE CO-TREATMENT OF SARS-CoV-2 AND OTHER URTIs



Coronavirus disease 2019 (COVID-19) is a present global health crisis that is driving the investigation of alternative phytomedicines for antiviral purposes. The evidence suggests that *Andrographis paniculata* crude or extract is a promising candidate for treating symptoms of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

The conclusion of this publication, based on the reviewed pieces of evidence, concluded that the administration of a standardized extract of *Andrographis paniculata* (AP) is considered to be safe and effective for the treatment of URTIs in adult patients. Preliminary results indicate that *Andrographis* can be used alongside standard therapy for COVID-19 treatment. For the most effective results, the optimal time point to start taking *A. paniculata* should be within 36 hours of symptom onset or as early as possible

Read more at [frontiersin.org](https://www.frontiersin.org)

[Back to Top](#)

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## Product Focus

### NEW PRODUCT LAUNCH

# viridian

### ANDROGRAPHIS COMPLEX



We are pleased to announce the launch of a new Viridian product – [Andrographis Complex – 60 capsules](#)

Andrographis Complex by Viridian includes standardised *Andrographis* leaf extract, which can help to ease coughs and sore throats as well as general upper respiratory tract infections.

The product also contains vitamin C and zinc which both support normal function of the immune system.

The *Andrographis* extract used is grown in India - its native environment, where the ideal climate helps to produce a high potency extract. It is made from whole leaf extract at a 25:1 ratio and standardised to 10% andrographolides (the key active compound).

The formula contains 100% active ingredients.

#### **This product is:**

- **Free from gluten, soy and dairy**
- **GMO free**

- **Suitable for vegetarians & vegans**

Recommended Dosage:

Take 1 capsule 2 x daily, with food, or as directed by your healthcare practitioner.

Contents: One vegetable capsule provides:

Andrographis paniculata leaf extract (providing 30mg andrographolides)	300mg
Vitamin C (from magnesium and zinc ascorbate)	80mg
Zinc (from zinc ascorbate)	5mg

other ingredients: plant cellulose capsule

**ORDER NOW :**

[Andrographis Complex – 60 capsules- £24.70](#)



**To order an Andrographis Complex sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342.**

[Back to Top](#)

## Latest Pure Bio News

### CUSTOMER SATISFACTION

#### Win a £50 Pure Bio Gift Voucher



We are dedicated to providing a first class service to all those who deal with us as we know you have a choice, so thank you for choosing Pure Bio Ltd.

We love to hear from our practitioners about our products and services and your experience with Pure Bio Ltd, **so please let us have your feedback or leave a review - just click on any of the links below.**

**ALL REVIEWS RECEIVED BY CLOSE OF BUSINESS ON 7<sup>TH</sup> SEPTEMBER WILL BE ENTERED INTO A SUMMER PRIZE DRAW.**

**THE WINNER WILL RECEIVE A £50 PURE BIO GIFT VOUCHER WHICH CAN BE USED AGAINST ANY PURCHASES FROM US IN THE NEXT 12 MONTHS.**

Terms: Only one review per person will be entered into the draw. The winner will be notified by email - so please ensure we have your email address!



Here is a selection of [testimonials](#) we have received on our website. To leave your own views, simply click on the Pure Bio logo above - we look forward to your feedback!

THANK YOU

[Back to Top](#)

## 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  
available

Best before date

Sale price £

<a href="#"><u>Ascorbyl Palmitate</u></a>	90	4	30 Jun 23	FREE
<a href="#"><u>Chlorella Powder</u></a>	100gm	1	31 Jul 23	FREE
<a href="#"><u>Phosphatidyl Choline</u></a>	60	28	31 Jul 23	FREE
<a href="#"><u>Spirulina Powder</u></a>	100gm	2	31 Jul 23	FREE
<a href="#"><u>Agnus Castus Alcohol Free Tincture</u></a>	30ml	7	06 Aug 23	FREE
<a href="#"><u>Artemesia Annua Alcohol Free Tincture</u></a>	30ml	15	06 Aug 23	FREE
<a href="#"><u>Burdock Alcohol Free Tincture</u></a>	30ml	6	06 Aug 23	FREE
<a href="#"><u>Chaparral Alcohol Free Tincture</u></a>	30ml	4	06 Aug 23	FREE
<a href="#"><u>Cinnamon Alcohol Free Tincture</u></a>	30ml	7	06 Aug 23	FREE
<a href="#"><u>Licorice Alcohol Free Tincture</u></a>	30ml	5	06 Aug 23	FREE

<a href="#"><u>Milk Thistle Alcohol Free Tincture</u></a>	30ml	1 4	30 Jul 23 06 Aug 23	FREE FREE
<a href="#"><u>Mugwort Alcohol Free Tincture</u></a>	30ml	5	06 Aug 23	FREE
<a href="#"><u>Pau D'Arco Alcohol Free Tincture</u></a>	30ml	1	06 Aug 23	FREE
<a href="#"><u>Rosemary Alcohol Free Tincture</u></a>	30ml	2	06 Aug 23	FREE
<a href="#"><u>Sage Alcohol Free Tincture</u></a>	30ml	13	06 Aug 23	FREE
<a href="#"><u>Saw Palmetto Alcohol Free Tincture</u></a>	30ml	7	06 Aug 23	FREE
<a href="#"><u>Thyme Alcohol Free Tincture</u></a>	30ml	6	06 Aug 23	FREE
<a href="#"><u>Yellow Dock Alcohol Free Tincture</u></a>	30ml	6	06 Aug 23	FREE
<a href="#"><u>Magnesium Orotate Powder</u></a>	100g	3	17 Aug 23	FREE
<a href="#"><u>Pycnogenol 100mg</u></a>	30	12	31 Aug 23	FREE

[Niacinamide](#) 90 4 30 Sep 23 £10.38

[CBD 10% Oil Extract](#) 10ml 38 31 Oct 23 **Buy 1  
Get 1 Free**  
£41.99

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[Back to Top](#)

## Forthcoming Seminars

**LONG-COVID - Treatment Strategies for covid, vaccine reactions and resultant auto immunity**

With Tracy S Gates, D.O., DIBAK, L.C.P.H.

**9 - 10 September 2023**

**Crowne Plaza Hotel, Langley Drive, Crawley, RH11 7SX  
Also available on Zoom**

***Places limited - LAST CHANCE TO BOOK!***

Long COVID / post-COVID syndrome is an emerging condition and one about which we are continuing to learn more with ever-increasing exposure to affected patients.

This seminar will provide information about how the medium and long-term effects of Covid-19 are understood to manifest in different body systems.

The weekend will aim to bring together all the latest research on the long-term effects of both covid infection and gene therapy vaccinations and present it in a manner that will allow you to apply it in a clinically useful way.

The weekend will involve muscle testing and requires basic knowledge in Applied Kinesiology techniques and concepts. There will be practical sessions throughout the weekend to cover the treatment procedures that you will learn.

For full details and to book [here](#).

[Back to Top](#)

## 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](#)

[Back to Top](#)

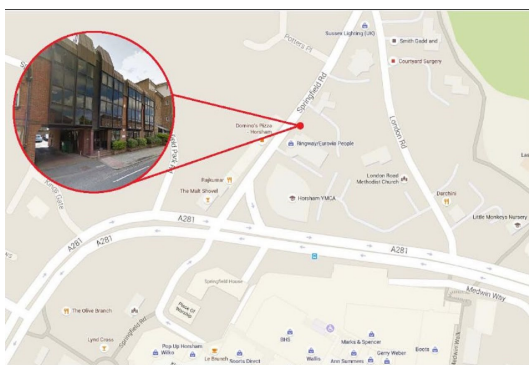
## Quote of the Month

**"Today you could be standing next to someone who is trying their best not to fall apart.  
So, whatever you do today, do it with kindness in your heart"**

Unknown

[Back to Top](#)

## 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

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



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