



Pure Bio &lt;purebioltd@gmail.com&gt;

## Practitioner News August 19: Latest Research on Cognitive Impairment

1 message

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30 August 2019 at 13:10

Practitioner News  
Nutritional Update August 2019

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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 & how to use them.

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### Featured Articles

#### [MUSHROOMS MAY REDUCED COGNITIVE IMPAIRMENT RISK](#)

Older adults who consume more than two standard portions of mushrooms per week may have as much as a 50% reduced odds of

developing mild cognitive impairment, according to analysed data from over 650 participants (aged  $\geq$  60 years) from the Diet and Healthy Ageing (DaHA) study in Singapore. The association was independent of factors such as age, gender, lifestyle factors and comorbidities.



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

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### WALNUTS LOWER BLOOD PRESSURE



A new study suggests that eating walnuts might help people at risk of cardiovascular disease to lower their blood pressure, if consumed as part of a diet low in saturated fats.

Walnuts contain a plant-based omega-3 called alpha-linolenic acid (ALA).

In the study, conducted at Pennsylvania State University in State College, the participants were divided into 3 groups and those who ate the whole nuts were found to have the greatest decrease in BP over a two week period.

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

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## Product Focus

### NEW PRODUCT LAUNCH



### **Pukka Organic Mushroom Gold**



We are pleased to announce the launch of a new product - [PUKKA Organic Mushroom Gold - 60 capsules](#).

Mushroom Gold is based on three edible mushrooms - organic Maitake, Reishi and Shiitake, naturally rich in Vitamin D\*. Each capsule contains 700mg of the fruiting body and mycellium of the mushrooms, blended to deliver 250mg of concentrated polysaccharides and over 40mg of beta-glucans.

This broad spectrum formula contains the highest organic grade, sustainably cultivated herbs.

*\*Each daily serving provides 248% NRV of Vitamin D naturally occurring in mushrooms.*

Vitamin D contributes to the normal function of the immune system and process of cell division.

#### **PUKKA ORGANIC MUSHROOM GOLD:**

- Suitable for vegetarians and Vegans
- 100% organic; GMO FREE
- Free from dairy, wheat grain, gluten, added sugar and soya

#### Recommended Dosage

2 capsules daily with water or juice, or as directed by your healthcare professional.

#### Contents: One capsule contains:

Maitake full-spectrum*	31%
Reishi full-spectrum*	31%
Shiitake full-spectrum*	31%
Vitamin D2 (Mushroom)*	2%
Nutrigest Seagreens Arctic fresh seaweed*	1.7%
Ginger root*	1.7%
Spirulina*	1.6%
Vegetable cellulose capsule (hydroxypropyl methyl cellulose)	

\* = organic

**ORDER NOW:** [Pukka Organic Mushroom Gold - 60 capsules - £21.95](#)



**PLEASE NOTE: Pukka Organic Mushroom Gold replaces M/R/S Mushroom in your test kit. Please remove M/R/S Mushroom from your test kit as this product has been discontinued.**

To order a Pukka Organic Mushroom Gold sample phial for your test kit (at £1.50 each), simply call us on 01403 730342

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Latest Pure Bio News

SUMMER 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!**

<b>Product</b>	<b>Size (caps)</b>	<b>Number of pots available</b>	<b>Expiry date</b>	<b>Sale price £</b>
<a href="#"><u>B-Complex Liquid</u></a>	140ml	16	31 Aug 19	FREE
<a href="#"><u>Boron</u></a>	60	20	31 Aug 19	FREE
<a href="#"><u>+Cal+</u></a>	210	27	31 Aug 19	FREE
<a href="#"><u>CLA 1,000mg</u></a>	60	4	31 Aug 19	FREE
<a href="#"><u>ProFlora 123</u></a>	80g	9	31 Aug 19	FREE
<a href="#"><u>Cortisol Calm</u></a>	120	80	30 Sept 19	£30.00

<a href="#">Memory Pro</a>	180	4	30 Sept 19	£55.00
<a href="#">Nutrient 950 with Vit K</a>	180	6	30 Sept 19	£26.99
<a href="#">Benfomax</a>	90	53	31 Oct 19	£27.99
<a href="#">DHA Liquid</a>	30ml	7	31 Oct 19	£24.04
<a href="#">Magnesium Aspartate</a>	90	126	31 Oct 19	£ 8.99
<a href="#">Potassium Magnesium Aspartate</a>	90	3	31 Oct 19	£ 9.99

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**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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## Forthcoming Seminars

### New Seminars for 2019/20



[ICAK-UK presents:](#)

The **\*NEWLY FORMATTED\*** Fundamentals of Applied Kinesiology - a FIVE-WEEKEND accredited Course of foundational material, approved by the International College of Applied Kinesiology - ICAK.

WHEN: **COMMENCES SEPTEMBER 2019**  
 VENUE: **GATWICK HILTON HOTEL, SOUTH TERMINAL, GATWICK AIRPORT**  
 LECTURER: **TRACY S GATES, DO, DIBAK**

This course is an exciting new opportunity to learn the fundamentals of Applied Kinesiology (AK). The course focuses initially on muscle testing skills and builds on a monthly basis to look at all aspects of visceral, metabolic and stomatognathic dysfunction. The course will allow you to integrate AK easily and progressively into your existing practice.

Click [here](#) for full details and booking form.

*(please note that these courses are only open to practitioners with a minimum 3-year undergraduate degree in a medically oriented profession, eg medical doctor, dentist, chiropractor, osteopath, physiotherapist, etc)*

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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

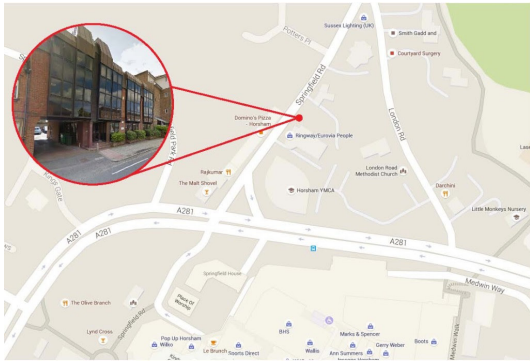
**"Knowledge is having the right answer. Intelligence is asking the right question"**

Unknown

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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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