

Practitioner News August 2024: Latest research on weight loss

1 message

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Practitioner News
Nutritional Update August 2024

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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 and how to use them.

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[ONE TYPE OF FIBRE COULD HAVE WEIGHT LOSS BENEFITS SIMILAR TO OZEMPIC](#)



Research on the gut microbiome has triggered a 'revolution' in nutritional science and, in the last few years, dietary fibre has become the "new protein" - added to foods in abundance to feed our gut and boost our health.

A recent study on mice, however, suggests that not all fibre supplements are equally beneficial. One type of fibre could have weight loss benefits similar to Ozempic - and it's found in everyday foods.

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

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[BEST HERBAL REMEDY FOR TYPE 2 DIABETES \(T2D\)](#)



Apple cider vinegar and [fenugreek seeds](#) are the most effective at reducing fasting blood glucose and A1c levels compared with four other popular herbal remedies for T2D, a recent systematic review found.

The review included 44 randomised clinical trials with more than 3,000 participants using six herbal remedies: apple cider vinegar, cinnamon, curcumin, fenugreek seeds, ginger and saffron.

Apple cider vinegar, fenugreek seeds, curcumin (turmeric) and cinnamon resulted in statistically significant reductions in fasting blood glucose compared with the control groups in the clinical trials. Out of all of the remedies, the authors found apple cider vinegar to be the most effective for lowering fasting blood glucose levels.

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

Product Focus

NEW PRODUCT LAUNCH

viridian
The leading brand of ethical vitamins

FENUGREEK EXTRACT



We are pleased to announce the launch of a new [Viridian product - Fenugreek Extract - 30 capsules](#).

Viridian Fenugreek Extract is taken from the seed and standardised in its concentration of key active saponins. One capsule provides the equivalent of 4,800mg of whole herb and provides 300mg of saponins. Fenugreek is rich in bioactive phytonutrients, which are naturally produced within the plant.

This spice is specially sourced from growers for its optimal potency and sustainable crop cultivation.

Fenugreek can support a variety of areas including maintenance of normal blood glucose and the control of lipid metabolism. The results from controlled trials showed a significant decrease in plasma concentration of total cholesterol with fenugreek supplementation, with a decrease in triglycerides and LDL cholesterol and an increase in HDL cholesterol.

It is also known as a galactagogue, meaning it can support milk production and recovery after childbirth.

Viridian Fenugreek Extract has a unique blend of high potency Fenugreek and Zinc, which contributes to the maintenance of normal testosterone levels in the blood. The bioactive constituents in fenugreek - saponins - have been shown to be particularly beneficial for testosterone production.

[TO FIND OUT MORE, PLEASE SEE THE TECHNICAL INFORMATION SHEET HERE](#)

This product is

- **Free from gluten, dairy and soy**
- **GMO free**
- **Suitable for vegetarians and vegans**

Recommended Dosage:

Take 1-2 capsules daily with food, or as directed by your healthcare practitioner.

Contents: One vegetarian capsule provides:

Fenugreek (<i>Trigonella foenum-graecum</i>) extract	600mg
(standardised to 50% saponins)	

Zinc (citrate)

5mg

Other ingredients: plant cellulose capsule

ORDER NOW:

[Fenugreek Extract - 30 capsules - £19.30](#)



To order a Fenugreek Extract sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342

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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 £
Niacinamide	90 caps	1	31 Aug 2024	FREE
Metabolic Xtra	90 caps	11	31 Aug 2024	FREE
Pure Defense	120	8	31 Aug 2024	FREE
DHA Liquid	30ml	4	31 Aug 2024	FREE

UltraNutrient	180	1	31 Aug 2024	FREE
Thyroid Support Complex	60	1	30 Sept 24	£18.49
Thyroid Support Complex	120	1	30 Sept 24	£32.75
Niacitol 650mg	180	5	30 Sept 24	£39.49
Adenosylcobalamin	60	100	31 Jan 25	BOGOF £12.98

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.**

Pure Bio Gift Voucher
Example only

This certificate entitles you to £ of products from Pure Bio Ltd

The gift of health — with the luxury of choice!

Ground Floor:
44 Springfield Road
HORSHAM
West Sussex
RH12 5PD
Tel: 01403 730342
www.purebio.co.uk

Pure Bio
Your lifestyle solution

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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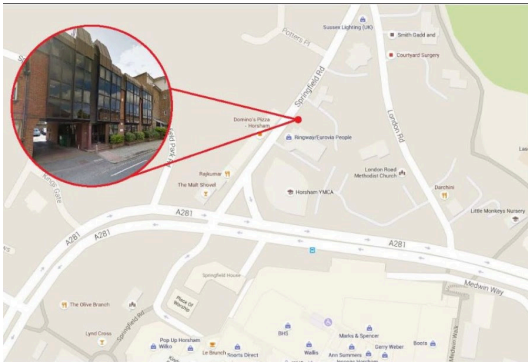
Quote of the Month

**“Both optimists and pessimists contribute to society. The optimist invents the aeroplane,
the pessimist the parachute”**

- George Bernard Shaw

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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

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