
Practitioner News December 2021: Latest research on Aspirin link to heart failure

1 message

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Practitioner News
Nutritional Update December 2021

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Dear Colleague

Welcome to our December 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

[**ASPIRIN IS LINKED WITH INCREASED RISK OF HEART FAILURE**](#)

Aspirin use is associated with a 26% raised risk of heart failure in people with at least one predisposing factor for the condition. That's the



finding of a study published today in ESC Heart Failure, a journal of the European Society of Cardiology (ESC). Predisposing factors included smoking, obesity, high blood pressure, high cholesterol, diabetes and cardiovascular disease.

Read more at medicalxpress.com

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"EAT THE RAINBOW" TO REDUCE RISK OF COGNITIVE DECLINE



Fruits and vegetables, such as strawberries, blueberries, oranges and peppers, owe their bright colours to the plant chemicals flavonoids. These phytochemicals have powerful antioxidant properties, which can reduce oxidative stress in the brain. Oxidative stress is a primary factor in age-related cognitive decline and eventually dementia.

A new study published in Neurology followed almost 80,000 middle-aged individuals for more than 20 years. Results showed that those who consumed the most flavonoids were less likely to experience early signs of cognitive decline in later life. Even after adjustment for other risk factors, such as physical exercise, those who ate the most flavonoids in their diet were 20% less likely to develop subjective cognitive decline, compared with those who ate the least.

Read more at Medicalnewstoday.com

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Product Focus

NEW PRODUCT LAUNCH



O.N.E. MULTIVITAMIN WITH IRON



We are pleased to announce the launch of a new Pure encapsulations product – [O.N.E. Multivitamin with Iron – 60 capsules](#).

A once-daily multivitamin with sustained release CoQ₁₀

O.N.E. Multivitamin with Iron is a once-daily formula with a comprehensive profile of highly bioavailable vitamins, minerals and phytonutrients and other factors to support optimal nutrition for both men and women.

It provides vitamins A, B, C, D, E and K in highly bioavailable forms; along with active forms of B vitamins including folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate.

O.N.E. multivitamin provides 16mg of iron in a highly absorbable form, providing the daily recommended intake of iron. It also provides 2000 IU of vitamin D3 in each vegetarian capsule.

O.N.E. multivitamin features sustained-release water-soluble CoQ10 as well as the carotenoids lycopene, lutein and zeaxanthin for greater daily nutritional support. It has been expertly formulated to provide optimal levels of each nutrient.

O.N.E. Multivitamin is also available without Iron - click [here](#)

This product is:

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

Recommended Dosage

Take 1 capsule daily with a meal, or as directed by your healthcare practitioner.

Contents: one capsule provides:

Vitamin A 3750iu (as Vitamin A acetate and 73% beta Carotene)	800mcg
Vitamin C (as ascorbic acid)	180mg
Vitamin K (as phytomenadione (K1) 65mcg & menaquinone-7, MK-7 (K2) 10mcg)	75mcg
Vitamin D3 2000iu (as cholecalciferol)	50mcg
Vitamin E 30iu (as d-alpha tocopherol succinate)	20mg
Vitamin B1 (as thiamin HCl)	3mg
Vitamin B2 (as 50% riboflavin & 50% activated riboflavin 5 phosphate)	3.4mg
Vitamin B3 (as niacinamide)	20mg
Vitamin B5 (as calcium pantothenate)	10mg
Vitamin B6 (as 50% pyridoxine HCl & 50% 'activated' pyridoxal 5 phosphate)	5mg
Folate (as Metafolin, L-5-MTHF)	400mcg
Vitamin B12 (as methylcobalamin)	500mcg
Biotin	300mcg
Iodine (as potassium iodide)	150mcg

Iron (as iron bis-glycinate)	16mg
Zinc (as zinc citrate)	25mg
Selenium (as selenomethionine)	55mcg
Manganese (as manganese citrate)	2mg
Chromium (as chromium picolinate)	200mcg
Molybdenum (as sodium molybdate)	75mcg
Choline bitartrate	25mg
Inositol	25mg
Coenzyme Q10 (CoQ10)(as ubiquinone & MicroActive Q10)	50mg
Alpha lipoic acid	50mg
Lutein	3mg
Zeaxanthin	500mcg
Lycopene	500mcg
other ingredients: vegetarian capsule (hydroxypropyl methyl cellulose)	

ORDER NOW :

[O.N.E. Multivitamin with Iron - 60 capsules - £39.60](#)



To order a O.N.E. Multivitamin with Iron 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

******NEW RANGE ******

ALCOHOL FREE HERBAL TINCTURES



In response to a growing demand from our customers, we are pleased to announce the introduction of a new Pure Bio range of ALCOHOL FREE herbal tinctures to complement our existing range of herbal tinctures. Initially, our range of Alcohol free tinctures will be available based on our most popular herbs, as shown on the [attached list](#), with the alcohol free option highlighted, but will be expanded as demand dictates.

Alcohol free tinctures are particularly useful for patients who may be recovering from an addiction or who don't wish to use alcohol for religious or cultural reasons or simply would prefer to use alcohol free products.

PLEASE NOTE: OUR NORMAL TINCTURES WILL ALWAYS BE OFFERED TO YOUR PATIENTS IN THE FIRST INSTANCE UNLESS THEY SPECIFICALLY REQUEST THE ALCOHOL FREE VERSION.

As part of our ongoing commitment to safe prescribing, all our herbal tinctures are restricted products and can only be purchased under the guidance and prescription of a healthcare practitioner registered with us.

Only practitioners can view or order them from our website (when logged in as a practitioner). **Your**

patients must telephone or email their orders to us to buy these products.

Please do let us know if you would like us to add further herbal tinctures to the Pure Bio alcohol free range. Your feedback is appreciated. Thank you.

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Winter 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 (caps)	Number of pots available	Expiry date	Sale price £
Horse Chestnut Balm	30ml	1	15 Oct 21	FREE
L-Carnitine	60	2	30 Nov 21	FREE
Vit B1 B-Complex HIGH ONE	30	4	25 Dec 21	FREE
<hr/>				
Homocysteine Factors	60	2	31 Dec 21	FREE
Arnica Gel	100ml	1	31 Dec 21	FREE

[Policosanol 20mg](#) 90 6 10 Jan 22 £12.50

[Womankind Premenstrual](#) 60 5 28 Feb 22 £14.97

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](#)

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Quote of the Month

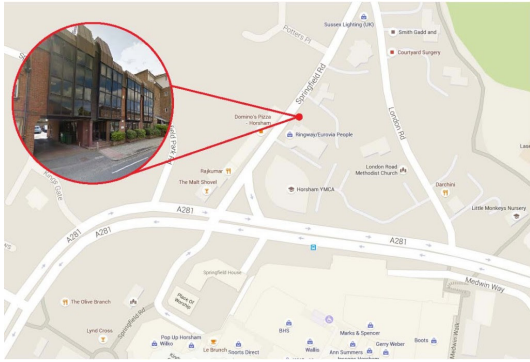
"Where there is acceptance, judgement no longer has any power"

Panache Desai

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How to Find Us

You can order from our [website](#) or make purchases in person. [Find us at:](#)



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