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## Practitioner News February 2022: Latest research on Antimicrobial Resistance

1 message

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28 February 2022 at 13:48

Practitioner News  
Nutritional Update February 2022

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Dear Colleague

Welcome to our February 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.

In this issue

- [Latest research on Antimicrobial resistance](#)
- [Vegan diet helps weight loss](#)
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## Featured Articles

**[ANTIMICROBIAL RESISTANCE NOW CAUSES MORE DEATHS THAN HIV/AIDS AND MALARIA WORLDWIDE](#)**



Antimicrobial resistance is spreading rapidly worldwide, and has even been likened to the next pandemic - one that many people may not even be aware is happening. A recent paper, published in Lancet, has revealed that antimicrobial resistant infections caused 1.27 million deaths and were associated with 4.95 million deaths in 2019. This is greater than the number of people who died from HIV/AIDS and malaria that year combined.

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

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### VEGAN DIET ALTERS MICROBIOME AND INSULIN SENSITIVITY



A low-fat vegan diet induces changes in gut microbiota that are related to altered body composition and insulin sensitivity, and result in weight loss, according to results in a 16-week randomised controlled trial in overweight/obese adults. No calorie restriction was imposed in either diet. However, visceral fat was significantly reduced with the vegan eating plan. Eating a plant-based diet with ample fibre changes the gut microbiome composition for the better by feeding the right kind of bacteria ... notably short-chain fatty acid producing *Faecalibacterium prausnitzii*.

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

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## Product Focus

NEW PRODUCT LAUNCH

**viridian**

ESSENTIAL VEGAN MULTIVITAMIN



We are pleased to announce the launch of a new Viridian product – [Essential Vegan Multi - 30 capsules](#)

Essential Vegan Multi from Viridian is a balanced multivitamin designed especially for people following a full or part-time plant-based diet.

**It is formulated with 27 essential vitamin and mineral nutrients**, all from vegan sources and designed to help fill the nutritional gaps in vegan, vegetarian and flexitarian regimes.

Essential Vegan Multi includes high therapeutic levels of B12 and iron to support normal energy levels and brain function, vegan friendly vitamin K2 and D3 for bone strength, and choline for healthy liver function. It also contains Biotin, which contributes to healthy skin, hair and nails.

The product is formulated in a pure wholefood base of spirulina, alfalfa and bilberry.

- Easy one-a-day complete multivitamin contained in a vegan capsule
- Suitable for vegans, vegetarians and flexitarians
- 100% active ingredients; no binders, fillers or additives
- Approved by the Vegan Society

**This product is:**

- **Free from gluten and Palm Oil**
- **GMO free**
- **Suitable for vegetarians & vegans**
- **Kosher**

[Recommended Dosage](#)

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

[Contents: one capsule provides:](#)

Iodine (from kelp and potassium iodide)	150mcg
Natural Beta Carotene/Carotenoid mix	5mg
providing:	
Beta Carotene	4.5mg
Cryptoxanthin	39mcg
Alpha Carotene	158mcg
Zeaxanthin	32mcg
Lutein	25mcg
Potassium (citrate)	25mg
Vitamin B5 (as calcium d-panthothenate)	50mg
Vitamin C (as calcium ascorbate)	50mg
Vitamin B3 (as nicotinamide)	50mg
Iron (bisglycinate)	10mg
Choline (as bitartrate)	20mg

Zinc (as citrate)	10mg
Vitamin B1 (as thiamine HCl)	20mg
Vitamin B6 (as Pyridoxine HCl)	20mg
Molybdenum	50mcg
Vitamin B2 (as riboflavin)	20mg
Inositol	20mg
Natural Vitamin E (18iu) (D-Alpha Tocopherol Succinate)	12mg
Vitamin K2 (MK-7)	20mcg
Selenium (as methionine)	50mcg
Boron (as sodium borate)	1mg
Biotin	500mcg
Vitamin D3 (400iu)	10mcg
Manganese (as citrate)	1mg
Copper (as citrate)	1mg
Chromium (as picolinate)	10mcg
Vitamin B12 (as adenosyl- and methylcobalamin)	500mcg
Folic Acid	200mcg
In a base of alfalfa, spirulina and bilberry	

**ORDER NOW :**

[Essential Vegan Multi - 30 capsules - £15.16](#)



To order an Essential Vegan Multi 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

Due to the ever-increasing import regulations and costs, we have been working hard over the last few months to increase our range of UK manufactured supplements, in order to extend our range of competitively-priced products, whilst maintaining the highest quality and purity you have come to expect from Pure Bio.

We are pleased to announce that we will be introducing our UK manufactured range gradually over the coming months, so please be sure to check our newsletter regularly for our product launches and updates.

This month we are launching [Viridian Essential Vegan Multi](#). Please see above for full details.

\*\*\*\* NEW POSTAGE SERVICE \*\*\*\*

[ROYAL MAIL TRACKED 24](#)



In response to demand from our UK customers, we are pleased to announce the introduction of an

additional postage option to enable you to track the delivery of your parcels in the UK - Royal Mail TRACKED 24.

This new postage option provides tracking updates via email and/or text message directly to you, allowing you to monitor the despatch and arrival of your delivery to your door. To use this service simply select at checkout on our website or advise our team when telephoning your order.

We offer 3 delivery options to UK addresses, as detailed below - the choice is yours.

We are pleased to confirm that the cost of this Royal Mail Tracked 24 delivery service is once again subsidised by Pure Bio to provide best value for money to our customers. Please see our postage rates below.

### **Royal Mail 1st Class**

<b>Total Weight</b>	<b>Postage &amp; Packing</b>
Up to 250g	£2.71 + 20% VAT
251 - 750g	£2.92 + 20% VAT
751 - 1000g	£4.80 + 20% VAT
1001 - 1250g	£5.90 + 20% VAT
1251 - 2000g	£6.91 + 20% VAT

### **Royal Mail Tracked 24**

<b>Total Weight</b>	<b>Postage &amp; Packing</b>
Up to 250g	£3.25 + 20% VAT
251 - 750g	£4.15 + 20% VAT
751 - 1000g	£5.25 + 20% VAT
1001 - 1250g	£6.65 + 20% VAT
1251 - 2000g	£7.50 + 20% VAT

### **Royal Mail Special Delivery**

*(guaranteed next day excluding Saturday)*

<b>Total Weight</b>	<b>Postage &amp; Packing</b>
Up to 100g	£7.93 + 20% VAT
251 - 500g	£8.46 + 20% VAT
501g - 1000g	£9.83 + 20% VAT
1001 - 2000g	£12.12 + 20% VAT
Up to 10kg	£29.46 + 20% VAT

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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 (caps)	Number of pots available	Expiry date	Sale price £
<a href="#">Womankind Premenstrual</a>	60	5	28 Feb 22	FREE
<a href="#">Astaxanthin</a>	120	9	28 Feb 22	FREE
<a href="#">Lycopene</a>	100	1	31 Jan 22	FREE
<a href="#">Nuzest Good Green Vitality</a>	300g	1	17 Mar 22	£27.49
<a href="#">Nuzest Clean Lean Protein Rich Chocolate</a>	1kg	1	16 Mar 22	£25.99

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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## 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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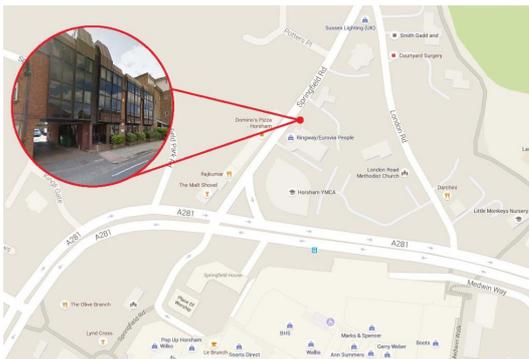
## Quote of the Month

**"If something is wrong, fix it if you can. But train yourself not to worry - worry never fixes anything"**

Ernest Hemmingway

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

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