
Practitioner News July 2024: Latest research on T2D

1 message

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31 July 2024 at 17:00

Practitioner News
Nutritional Update July 2024

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Dear Colleague

Welcome to our July 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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[PEOPLE EXPOSED TO LIGHT AT NIGHT ARE UP TO 1.5 TIMES MORE LIKELY TO DEVELOP T2D](#)



Concerned about your patient's type 2 diabetes risk? Along with the usual preventative strategies - like diet and exercise and, when appropriate, glucagon-like peptide 1 (GLP-1) - there's another simple, no-risk strategy that just might help: Turning off the light at night.

Diabetes Risk Tied to Night Light in Largest Study to Date. Even dim light at night can increase type 2 diabetes risk about as much as having a family history.

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

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[PERSISTENT IMPACT OF SMOKING ON THE IMMUNE SYSTEM](#)



A new study unveiled the enduring impact of smoking on the immune system, demonstrating that the effects linger long after cessation.

Utilising the Milieu Interieur cohort of 1,000 healthy individuals, researchers discovered that smoking profoundly influences immune responses, alongside other significant factors like latent cytomegalovirus infection and body mass index.

This study is pivotal in showing that smoking heightens the inflammatory response and weakens immune memory, with some adaptive immune changes persisting for a decade or more post-quitting.

These long-term alterations were linked to epigenetic modifications, specifically DNA methylation changes, underscoring smoking's deep and lasting effects on immune cell function and gene expression.

This breakthrough provides crucial insights into the complex relationship between lifestyle habits and immune health, paving the way for new strategies to mitigate smoking's long-lasting damage to immunity.

Read more at [NEUROSCIENCENEWS.COM](https://www.neurosciencenews.com)

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Product Focus

PURE DEFENSE



Nothing But Pure®



PureDefense by Pure Encapsulations is a specific blend of nutrients and plant extracts, including Vitamin C, D and Zinc, all of which contribute to the normal function of the immune system.

This product also contains n-acetylcysteine (NAC), EpiCore® dried yeast fermentate complex, Elderberry fruit extract and quercetin. EpiCore® is a dried yeast fermentate complex that has undergone published clinical research.

Two capsules of Pure Defense also provide 1,000iu (25ug) of Vitamin D3.

This product is

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

Recommended Dosage:

Take two capsules 2 x daily with food, or as directed by your healthcare practitioner.

Contents: 2 vegetarian capsules provide:

Vitamin C (as ascorbic acid)

250mg

Vitamin D3 1,000iu (as cholecalciferol)	25mcg
Zinc (as zinc citrate)	7.5mg
N-acetyl-l-cysteine (free-form)	450mg
EpiCor® dried yeast fermentate complex (from Saccharomyces cerevisiae)	250mg
Elderberry (sambucus nigra) fruit extract	200mg
Quercetin	25mg
Other ingredients: vegetarian capsule (hydroxypropyl methyl cellulose)	

ORDER NOW:

Pure Defense - 120 capsules - £72.98

(see summer sale for half price offer)



To order a Pure Defense 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 £
Spirulina Powder	100gm	5	31 July 24	FREE

<u>Ubiquinol-QH 100mg</u>	60	3	31 July 24	FREE
<u>Acetyl-L-Carnitine 500mg</u>	60	1	31 July 24	FREE
<u>Nuzest Vanilla Protein Powder sample</u>	25g	15	4 Aug 24	£1.50
<u>Nuzest Chocolate Protein Powder sample</u>	25g	8	8 Aug 2024	£1.50
<u>Metabolic Xtra</u>	90 caps	11	31 Aug 2024	£28.59
<u>Niacinamide</u>	90 caps	2	31 Aug 2024	£10.39
<u>DHA Liquid</u>	30ml	4	31 Aug 2024	£10.00
<u>Pure Defense</u>	120	10	31 Aug 2024	£36.49
<u>UltraNutrient</u>	180	1	31 Aug 2024	£42.00
<u>Adenosylcobalamin</u>	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.**



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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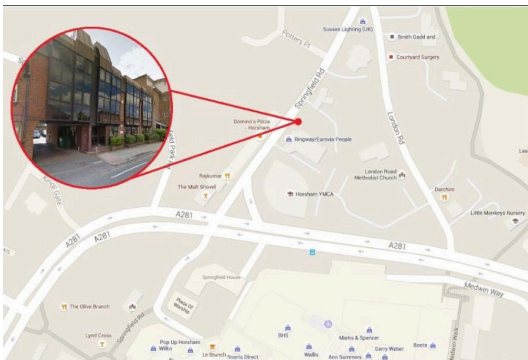
Quote of the Month

“There are two kinds of people: Those who think they can, and those who think they can't, and they are both right”

- Henry Ford

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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



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