
Practitioner News June 2021: Latest research on Type 2 Diabetes

1 message

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Practitioner News
Nutritional Update June 2021

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Dear Colleague

Welcome to our June 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

[EATING BEFORE 8.30AM COULD REDUCE TYPE 2 DIABETES RISK](#)



People who start eating before 8.30am had lower blood sugar levels and less insulin resistance, which could reduce the risk of developing type 2 diabetes, according to a study presented virtually at ENDO 2021, the Endocrine Society's annual meeting.

This was regardless of whether they restricted their food intake to less than 10 hours a day (intermittent fasting) or their food intake was spread over more than 13 hours daily.

The research was based on data from 10,575 adults who participated in the National Health and Nutrition Examination Survey.

Read more at [endocrine.org](https://www.endocrine.org)

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THE ROLE OF NUTRITIONAL SUPPLEMENTS IN THE TREATMENT OF DYSLIPIDAEMIA

The combination of a lipid-lowering diet and selected scientifically proven supplements have the ability to reduce LDL by up to 50%, increase LDL particle size, decrease LDL particle number, lower total triglyceride and improve HDL functionality and reverse cholesterol transport. The supplements confirmed to have this impact include omega 3 fatty acids, red yeast rice, alpha-linolenic acid and [niacin](#). This is particularly helpful for patients who don't want to take statins.



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

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Product Focus

NEW PRODUCT LAUNCH



NIACIN (FLUSH EFFECT VITAMIN B3)



We are pleased to announce the launch of a new [Pure Bio product - Niacin \(flush effect Vitamin B3\) - 90 capsules](#)

Niacin (vitamin B3) is a coenzyme involved in the production of energy through the citric acid cycle. It is an important cofactor in maintaining healthy psychological function. It also supports the functioning of the nervous system and contributes to the normal maintenance of skin and mucous membranes. Niacin assists in the breakdown and utilisation of fats, proteins and carbohydrates. It also causes peripheral vascular dilation (which can lead to a temporary skin flushing after ingestion - see below).

- **Free from Gluten, Soya, Lactose and Sugar**
- **GMO free**
- **Suitable for vegans and vegetarians**

A "niacin flush" may cause a burst of heat, and sometimes tingling, on the skin which is then followed with a marked blush. The skin will feel hot to touch and may itch.

A niacin flush is entirely harmless and will typically last no longer than 20 minutes (often less). Each additional dose of niacin will reduce the intensity.

To minimise its impact, ensure the capsule is taken with food (a banana or apple is particularly useful in reducing the flush). Avoid hot drinks and sugary snacks immediately after consumption.

Directions for use

If you are pregnant or lactating, have any health condition or are taking any medication, consult your healthcare practitioner before use.

Special Note

Warning: Patients may experience transitory skin flushing after ingestion.

Take advice from a regulated practitioner if concurrently taking cholesterol-lowering drugs or anti-diabetes drugs; or have a history of gastric ulcer or blood-clotting disorders.

Recommended Dosage

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

Discontinue use 4 weeks prior to any surgery.

Contents: one capsule provides:

Niacin

(Niacin/Nicotinic Acid) 50mg

Other ingredients: organic rice flour, vegetarian capsule

ORDER NOW :

[Niacin \(flush effect Vitamin B3\) - 90 capsules - £19.99](#)



To order a Pure Bio Niacin (flush effect Vitamin B3) sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342.

(Please note: this replaces the current phial in your test kit for Niacin, which has been discontinued)

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Latest Pure Bio News

EXPANDED RANGE OF UK-SOURCED 100% PURE SUPPLEMENTS FROM PURE BIO

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 [Pure Bio Niacin \(flush effect Vitamin B3\)](#). Please see above for full details.

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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 (caps)	Number of pots available	Expiry date	Sale price £
MultiPhytonutrient	60	2	31 May 21	FREE

Mineral 650 w/o Cu & Fe	180	10	31 May 21	FREE
A.I. Enzymes	90	33	30 Jun 21	FREE
Boron	60	2	30 Jun 21	FREE
Niacitol 650mg	180	9	31 Jul 21	£37.25
Wholistic Red Ginseng	30	3	31 Oct 21	£13.96
A.I. Formula	120	12	30 Nov 21	£33.68

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

The gift of health — with the luxury of choice!

This certificate entitles you to **Example only**

To £ **of products from Pure Bio Ltd**

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

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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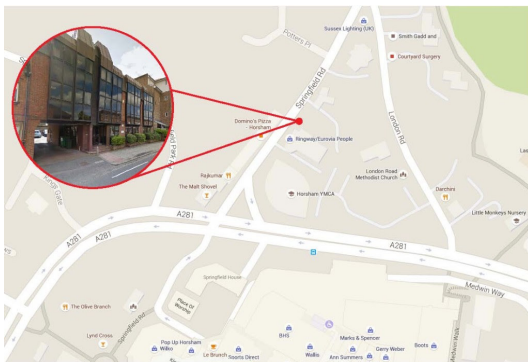
Quote of the Month

"It's all about finding the calm in the chaos"

Donna Karan

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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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