



Pure Bio <purebioltd@gmail.com>

Practitioner News May 2018 - Latest Research on Sleep Patterns

1 message

Pure Bio <info@purebio.co.uk>
Reply-To: Pure Bio <info@purebio.co.uk>
To: purebioltd@gmail.com

31 May 2018 at 15:08

Practitioner News
Nutritional Update May 2018

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Dear Colleague

Welcome to our May 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

[HOW SLEEP MAY HELP US SOLVE PROBLEMS](#)

Sleep is known to be important for creative thinking, but exactly how it helps and what role each sleep stage - REM and non-REM - plays



remains unclear. A team of researchers have now developed a hypothesis, outlined in an Opinion published on 15 May 2018 in the journal Trends in Cognitive Sciences, to explain how REM and non-REM sleep may work together to help us

Read more at medicalxpress.com

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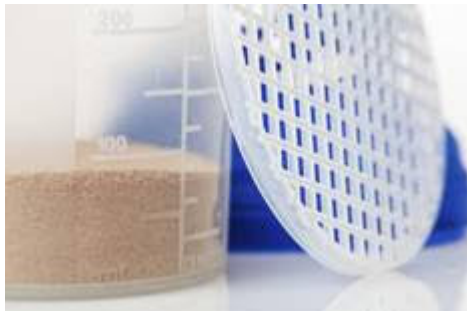
WHAT ARE THE BENEFITS OF PROTEIN SHAKES AFTER A WORK OUT?

When you push through a workout, your muscles are constantly challenged and their fibres begin to break down and sustain damage. The process of repairing and rebuilding those fibres, called muscle protein synthesis, uses amino acids from protein to encourage healthy recovery and muscular growth. Although any nutritious source of protein will help the process along, there are a few distinct advantages to drinking protein shakes after exercise.



Read more at livestrong.com

How to work out your daily protein target



There is no magic figure for the amount of protein you should take in a day because it depends upon your existing diet and exercise level, but there are guidelines and tips to bear in mind.

[Government guidelines](#) for an average healthy diet suggest males aged between 19-64 should ingest 55.5g of protein per day, and males aged 65 and over should aim for 53.3g per day.

Boosting your protein intake to match a workout routine will alter this figure, but it is important to make sure you find a healthy target which suits your weight and exercise level.

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Product Focus

ORGANIC WARRIOR BLEND PROTEIN POWDER



[Warrior Blend ORGANIC](#)



[Warrior Blend ORGANIC](#)



[Warrior Blend ORGANIC](#)

[Berry](#)[Chocolate](#)[Mocha](#)

Warrior Blend fuses and multiplies the power of several rich protein sources into a smooth, great-tasting and revolutionary proprietary formula that is overwhelmingly superior to the individual components alone, breaking through the constraints of other protein powders.

[Warrior Blend](#) combines three potent protein sources, fusing the individual benefits of pea, hemp seed and goji berries into a smooth, delicious and nutrient-dense superfood, rich in BCAAs. Medium chain triglycerides from coconut enhance this dynamic fusion to create a unique, plant-based protein unlike any other.

It is prepared with a cold extraction process, creating a unique, raw, plant-based protein with a complete amino acid profile exceptionally high in Arginine, Leucine and branched chain amino acids.

Warrior Blend is an easily-digestible, nutrient-filled superfood, perfect for anyone who wants to amplify their health and fitness levels.

Organic, non-GMO, gluten free, hypoallergenic, soy and dairy free.

Warrior Blend is delicious mixed into any smoothie, or can be blended into coconut or almond milk, or simply mix with water.

1kg pot - 40 servngs per container (by weight)

***** SPECIAL PRICE PROMOTION FOR JUNE *****

£33.95

(usually £45.95, represents a 26% saving)

ORDER NOW: [Organic Warrior Blend 1kg \(any flavour\)](#) - only **£33.95**

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Latest Pure Bio News

PRODUCT NAME CHANGES



Due to European legislation, Pure Encapsulations are changing the names of some of their products and these are being phased in gradually.

PLEASE NOTE: these changes only affect the names of the products. The formulation and specifications of the actual supplements have not changed in any way.

Here is the list of name changes thus far, with the next two name changes **highlighted** below:

EXISTING PRODUCT NAME

NEW PRODUCT NAME

Probiotic 5
Probiotic 50B
Probiotic GI
Pure Ascorbic Acid
Probiotic 123
Lactobacillus Acidophilus

ProFlora 5
ProFlora 50B
ProFlora GI
Ascorbic Acid
ProFlora 123
ProFlora Daily Acidophilus

SPECIAL OFFERS

We have 4 special offers for you on some of our Pure Encapsulations products which have short expiry dates. Simply telephone **01403 730342** to place your order and take advantage of the savings. **It's first come first served!**

[Astaxanthin - 60 caps](#) (expiry 30 June 2018)

- 7 pots FREE

[Astaxanthin - 120 caps](#) (expiry 31 October 2018)

- 4 pots on offer at HALF PRICE only £43.11 per pot



[Growth Hormone Support](#) - 90 caps (expiry 31 October 2018)

- 3 pots on offer at HALF PRICE only £18.53 per pot

[Nutrient 950 - 360 caps](#) (expiry 30 September 2018)

- 3 pots on offer at HALF PRICE only £49.80 per pot



SIMPLY TELEPHONE 01403 730342 TO ORDER, OR EMAIL US ON info@purebio.co.uk

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Forthcoming Seminars

NEW SEMINARS FOR 2018-19

[The New Fundamentals of Applied Kinesiology.](#)

This is an EIGHT WEEKEND accredited Course of foundational material, approved by the International College of Applied Kinesiology (ICAK)



WHEN: **COMMENCES SEPTEMBER 2018**

VENUE: **GATWICK HILTON HOTEL, SOUTH TERMINAL, GATWICK AIRPORT**

LECTURER: **TRACY S GATES, DO, DIBAK**

This course is an exciting new opportunity to learn the fundamentals of Applied Kinesiology (AK). The course focuses initially on muscle testing skills and builds on a monthly basis to look at all aspects of visceral, metabolic and stomatognathic dysfunction. The course will allow you to integrate AK easily and progressively into your existing practice.

Click [here](#) for full details and booking form.

(please note that these courses are only open to practitioners with a minimum 3-year undergraduate degree in a medically oriented profession, eg medical doctor, dentist, chiropractor, osteopath, physiotherapist, etc)

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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 present at any time**



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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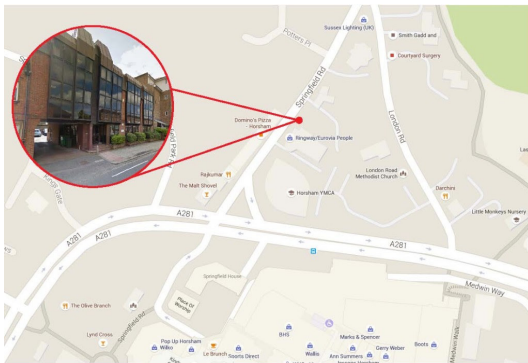
Quote of the Month

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion"

Dalai Lama

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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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