

Practitioner News October 2023: Latest research on heart disease

1 message

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

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Practitioner News
Nutritional Update October 2023

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Dear Colleague

Welcome to our October 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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Featured Articles

[STAIR CLIMBING TIED TO REDUCED RISK OF HEART DISEASE](#)



Climbing more than five flights of stairs daily is associated with a reduced risk of atherosclerotic cardiovascular disease (ASCVD) of about 20%, according to this new observational data.

- The prospective cohort study used data from 458,860 adults in the UK Biobank cohort who were 38 to 73 years old at baseline (2006-2010).
- Information about stair climbing, sociodemographic, and lifestyle factors was collected at baseline and 5 years later.
- Cases of ASCVD - defined as coronary artery disease (CAD), ischemic stroke, or acute complications - were identified via hospital records and death registry.
- Associations between stair climbing and ASCVD were examined as hazard ratios (HRs) from Cox proportional hazards model. Analyses were stratified by susceptibility to ASCVD based on family history, genetic risk, and established risk factors.

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

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PROPOSED EXPLANATION FOR LONG COVID SYMPTOMS IN THE CNS:



NeuroPASC is one of many manifestations of long COVID, but Dr Spatola pointed out that the immune response in the CSF is unique and the causes of prolonged neurologic impairment after COVID-19 are likely to involve different mechanisms than other long-COVID symptoms.

"Antibodies in the brain are functionally different," said Dr Spatola, noting for example that antibody-directed defences against viral threats show a greater relative reliance on phagocytosis. This might

become important in the development of therapeutics for neurologic symptoms of long COVID.

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

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Product Focus

NEW PRODUCT LAUNCH



MONOLAURIN



We are pleased to announce the launch of a new [Pure Bio product – Monolaurin – 60 capsules.](#)

Monolaurin is derived from lauric acid and glycerin, and is a byproduct of coconut fat. Lauric acid also occurs naturally in breast milk.

Monolaurin has been shown in research to treat *Candida albicans* infections, whilst also controlling the pro-inflammatory response of the body to the fungus.

Several species of ringworm and the parasite *Giardia lamblia* may also be inactivated or destroyed by monolaurin.

This product is:

- **Free from gluten, soy, dairy, sugar and all excipients**
- **GMO free**
- **Suitable for vegetarians & vegans**

Recommended Dosage:

Take 1-2 capsules daily with food, or as directed by your healthcare practitioner.

Contents: One vegetable capsule contains:

Monolaurin

650mg

other ingredients: vegetable cellulose capsule

ORDER NOW :

[Monolaurin - 60 capsules - £15.98](#)



To order a Monolaurin 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

PURE BIO is the Proud Winner of:

BEST NATIONWIDE HYPOALLERGENIC NUTRITIONAL SUPPLEMENTS DISTRIBUTOR 2023



We are absolutely delighted to announce that PURE BIO Ltd has won the *Southern Enterprise Awards 'Best Nationwide Hypoallergenic Nutritional Supplements Distributor 2023'* for the second year running

We are so proud to have achieved this accolade 2 years in a row in recognition of our success as a business which is committed to supplying only 100% pure quality products and to providing outstanding customer service to our much-valued practitioners and customers.

As this is a UK wide award, the selection process was tough, but Pure Bio's excellence and dedication shone through, with the final awards panel judging Pure Bio as clear winners.

We could not have achieved this award without you - our customers - so please accept our heartfelt thanks for all your nominations, your lovely testimonials and, most importantly, your valued business throughout 2023.

For full details, please click [here](#)

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Autumn 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 £
<u>Phosphatidyl Choline</u>	60	6	31 Jul 23	FREE
<u>Inositol Powder</u>	250gm	3	31 Aug 23	FREE
<u>Nuzest Coffee Coconut & MCTS Protein Powder</u>	500gm	1	31 Oct 23	FREE
<u>Homocysteine Factors</u>	180	1	31 Oct 23	FREE
<u>Ascorbic Acid</u>	250	6	Label damaged, think date is 28/02/25	FREE

Buffered Ascorbic Acid	250	2	Label damaged, think date is 28/02/25	FREE
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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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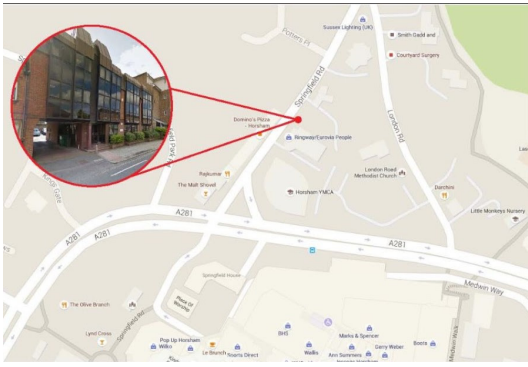
Quote of the Month

“The truth doesn’t become less true because there are fewer people speaking it”

Matt Walsh

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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**

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Email: info@purebio.co.uk



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