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## Practitioner News September 2022: Latest research on Mental fatigue

1 message

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30 September 2022 at 18:14

Practitioner News  
Nutritional Update September 2022

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Dear Colleague

Welcome to our September 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 mental fatigue](#)
- [How one inflammatory disorder exacerbates another](#)
- [Product Focus - NEW PRODUCT LAUNCH - Organic Mushroom Immune](#)
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- [Forthcoming Seminars](#)
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## Featured Articles

[WHY THINKING HARD MAKES US FEEL TIRED](#)



Mental fatigue is real, and a study has found a common link in what causes the brain to tire when completing mentally demanding work: glutamate levels - an important signalling molecule in the brain.

In a study of people completing both easy and strenuous mental tasks, researchers used magnetic resonance spectroscopy to measure levels of glutamate in a region of the brain called the lateral prefrontal cortex. An abundance of glutamate in the prefrontal cortex region of the brain was found to be higher in those working on a difficult task, causing them to use up valuable neurotransmitters - a possible cause of mental fatigue. This idea is in early stages and more research will be needed to establish a causal link between feelings of exhaustion and metabolic changes in the brain.

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

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### HOW ONE INFLAMMATORY DISORDER EXACERBATES ANOTHER

The immune system remembers. Often this memory, primed by past encounters with threats like bacteria or viruses, is an asset. But when that memory is sparked by internal drivers, like chronic inflammation, it can prove detrimental, perpetuating a misguided immune response.



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

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## Product Focus

### NEW PRODUCT LAUNCH



### ORGANIC MUSHROOM IMMUNE



We are pleased to announce the launch of a new Pure Bio product - [Organic Mushroom Immune - 90 capsules](#)

Pure Bio's Organic Mushroom Immune is a synergistic blend of six different organic mushrooms: shiitake ('the elixir of life'), maitake ('the king of the mushrooms'), reishi ('the mushroom of immortality'), chaga, cordyceps and lion's mane.

The mushrooms are rich in beta-glucan polysaccharides, which have a supportive effect on the immune system.

#### **THIS PRODUCT IS:**

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

#### Special Note

If you are taking antihypertensive or blood thinning medication, please consult your practitioner before taking this product.

#### Recommended Dosage:

Take 1 capsule twice daily with water or juice, or as directed by your healthcare practitioner

#### Contents - one capsule provides:

Organic maitake (Maitake)	115mg
Organic reishi (Ganoderma lucidum)	115mg
Organic shiitake (Lentinus edodes)	115mg
Organic lion's mane (Hericium erinaceus)	115mg
Organic chaga (Inonotus obliquus)	115mg
Organic cordyceps (Cordyceps sinensis)	115mg

#### **ORDER NOW :**

[Organic Mushroom Immune - 90 capsules - £23.99](#)



**To order an Organic Mushroom Immune sample phial for your Pure Bio test kit (at £1.50 each), simply call us on 01403 730342**

(Please note this product replaces Daily Immune in your test kits, which has now been discontinued)

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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!**

<b>Product</b>	<b>Size</b>	<b>Number of pots available</b>	<b>Expiry date</b>	<b>Sale price £</b>
<a href="#"><u>Policosanol 20mg</u></a>	90	6	10 Jan 22	FREE
<a href="#"><u>Nuzest Real Coffee</u></a>	500g	1	09 Sep 22	FREE
<a href="#"><u>L-Glutamine Powder</u></a>	100gm	1	02 Sept 22	FREE
<a href="#"><u>Nuzest Smooth Vanilla</u></a>	500g	1	20 Oct 22	£15.99
<a href="#"><u>Epi-Integrity Powder</u></a>	171gm	2	31 Oct 22	£24.49
<a href="#"><u>AGO 2 - Earth Element</u></a>	50ml	2	31 Oct 22	£9.24
<a href="#"><u>Oromix Plus Spray</u></a>	30ml	14	30 Nov 22	£12.00

<a href="#">FitoFlualfa 500mg</a>	24	1	30 Nov 22	£13.20
<a href="#">Malic Acid</a>	90	2	04 Nov 22	£7.95
<a href="#">Multi PhytoNutrient</a>	90	1	09 Dec 22	£15.18
<a href="#">Strath Original Liquid</a>	500ml	2	31 Dec 22	£15.00
<a href="#">CBD 10% Oil Extract</a>	10ml	60	31 Oct 23	<b>Buy 1 Get 1 Free</b> £41.99

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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### WHAT OUR CUSTOMERS SAY ABOUT US

The satisfaction of our practitioners and customers is of paramount importance to us and, as such, we strive to deliver the highest quality products at the lowest possible cost to you. We are dedicated to providing a first class service to all those who deal with us as we know you have a choice. - **Thank you for choosing Pure Bio Ltd.**

We are always grateful to hear from our customers about our products and services, as we are constantly striving to optimise your experience with us.

Here is a selection of recent [testimonials](#) we have received and, if you would like to leave your own feedback, please comment on our [Contact Us](#) page.

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*"It is rare to find such great customer service so I will certainly come back and buy more products from you in the future"* AF, May 2022

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*"Exactly as things should be ! Placed an order with a very helpful, polite and professional lady on the phone .Turned up the next day, packaged fine, costs fine. All a very good experience. I am very happy!"* DA, March 2022

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*"Thank you for your excellent products and service."* OD, June 2021

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"Thank you for your quick response. Co-operation with Pure Bio is always a pleasure." MS, April 2021

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"Thank you so much for all you help, I am so impressed with way you have kept me in the loop about the product. I have and will continue to buy from you." MM, March 2021

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"Thank you again for such a professional service!" KA, Feb 21

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## Forthcoming Seminars

Sponsored by Pure Bio

ICAK-UK presents:



The **\*RARELY TAUGHT\* Core Fundamentals of Applied Kinesiology** - a **TWO WEEKEND** accredited Course of core foundational material approved by the International College of Applied Kinesiology —ICAK

**Running January & February 2023**

This course is an exciting new opportunity to learn the absolute fundamentals of Applied Kinesiology (AK). The course is specifically designed for both those who may feel that the five weekend course is more information than is appropriate for their existing clinical environment, as well as for those who are looking for a basic entry-level education of AK which can feed into the full course at a later date if they wish.

The course will allow you to integrate AK easily and progressively into your existing practice.

**WHEN:** 28-29 January and 25-26 February 2023

**VENUE:** Hotel Sofitel, North Terminal, Gatwick Airport, RH6 0PH

**SEMINAR TIMES:** Saturday 10:00am to 6:00pm, Sunday 9:00am to 4:00pm

Click [here](#) for full details and to download an application form

*(please note that this course is only open to practitioners with a minimum 3 year undergraduate degree in a medically oriented profession e.g. 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 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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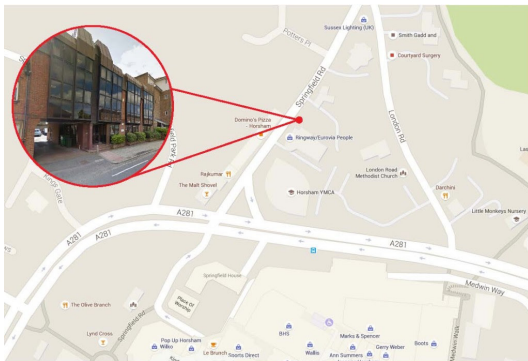
## Quote of the Month

**"It is worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change"**

HM Queen Elizabeth II

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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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