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## Practitioner News February 2025: Latest research on Heart disease

1 message

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28 February 2025 at 17:07

Practitioner News  
Nutritional Update February 2025

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Dear Colleague

Welcome to our February 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](#)

[HEART DISEASE: ASPARTAME MAY RAISE RISK BY TRIGGERING INSULIN SPIKES](#)



Artificial sweeteners have long been used as a low-calorie alternative to sugar, so less is needed to give the same sweet taste in foods and drinks.

Research has associated artificial sweeteners with a number of health conditions, including gastrointestinal problems, neurological symptoms, diabetes and cardiovascular disease.

Now, a study has found that, in mice, aspartame triggers insulin spikes that lead to the build-up of fatty plaques in the arteries - a risk factor for heart attacks and strokes.

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

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### **CINNAMON PASSES META-ANALYSIS FOR GLUCOSE MANAGEMENT**



In a new meta-analysis of 10 studies in patients with type 2 diabetes, taking cinnamon supplements improved fasting blood glucose.

#### **Will a Spoonful of Cinnamon Help the Diabetes Meds Go Down?**

Taking a cinnamon supplement plus a hypoglycaemic agent might aid glucose control in type 2 diabetes, a new meta-analysis suggests. But more research is needed to inform clinical care on this issue.

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## Product Focus

### NEW PRODUCT LAUNCH



### ORGANIC CINNAMON EXTRACT



We are pleased to announce the launch of a new [Viridian Product - Organic Cinnamon Extract - 60 capsules](#).

Viridian's Organic Cinnamon Extract is formulated with Ceylon, or zeylanicum, (Cinnamomum verum) spice - often referred to as "true cinnamon".

In recent years Ceylon cinnamon has gained attraction for its potential health benefits, including the maintenance of healthy blood sugar levels. Cinnamon helps maintain normal blood lipid levels and stomach comfort.

Viridian's Organic Cinnamon Extract is certified Organic by the Soil Association. It is formulated to a high potency extract, providing 60mg of proanthocyanidins and is equivalent to 4800g of whole bark.

#### **This product is**

- **Free from gluten, soy, dairy and palm oil**
- **GMO free**
- **Suitable for vegetarians & vegans**

#### Recommended Dosage:

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

#### Contents: One vegetarian capsule provides:

Organic Cinnamon (Cinnamomum verum J.Presl) extract (equivalent to 4800mg whole cinnamon)	400mg
Providing:	
Proanthocyanidins	60mg
Other ingredients: plant cellulose capsule (HPMC Hydroxypropylmethyl cellulose)	

ORDER NOW:

[Organic Cinnamon Extract - 60 capsules - £25.55](#)



To order an Organic Cinnamon Extract 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](#)

### [DISCONTINUED PRODUCT](#)

Pure Encapsulations have discontinued the following product for the UK, so please remove it from your Pure Bio test kit.

PROBIOTIC IMM - suggested alternatives are [ProFlora IMM](#) or any of our [probiotic range](#).

Please let us know if you need a replacement sample phial for your test kit and we will be happy to send it to you.

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### [HANDMADE ORGANIC SOAPS - SPECIAL OFFER!](#)

The Highland Soap Company use traditional handcrafted manufacturing processes with an emphasis on high quality local fresh, natural ingredients and herbal therapy. The plant ingredients, precious oils and butters are grown organically, ethically or wild-harvested. Their products are certified **organic and vegetarian friendly**. There are no genetically modified (GM) ingredients and all products are 100% Cruelty-free and not tested on animals.



[Aromatherapy Soap - Wild Scottish Raspberry 150g - £6.50](#)

For the full range of the 9 scents available, see the website: [Soap & Handwash](#)

**PURE BIO ARE OFFERING A DISCOUNTED PRICE ON HANDMADE ORGANIC AROMATHERAPY SOAPS FROM THE HIGHLAND SOAP COMPANY UNTIL 31 MARCH 2025**

**[BUY 2 BARS OF 150g AROMATHERAPY SOAP FOR £10.00 \(SAVE £3.00\)](#)**

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## [Winter 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!**

<b>Product</b>	<b>Size</b>	<b>Number of pots available</b>	<b>Best before date</b>	<b>Sale price £</b>
<a href="#"><u>Adenosylcobalamin</u></a>	60	40	31 Jan 25	FREE
<a href="#"><u>SIN 44</u></a>	50ml	3	31 Jan 25	FREE
<a href="#"><u>Borage Oil</u></a>	60	3	31 Jan 25	FREE
<a href="#"><u>Curcumasorb</u></a>	90	2	31 Mar 25	£18.15
<a href="#"><u>Rhodiola Rosea</u></a>	90	6	31 Mar 25	£12.24
<a href="#"><u>Ubiquinol 50mg</u></a>	60	6	31 Mar 25	£30.00

<a href="#">Nutrient 950E w/o Cu, Fe &amp; Iodine</a>	180	2	30 Apr 25	£31.40
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<a href="#">Epi-Integrity Powder</a>	171gm	9	30 Apr 25	£30.00
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<a href="#">NAC 900mg</a>	120	2	30 Apr 25	£29.58
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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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## 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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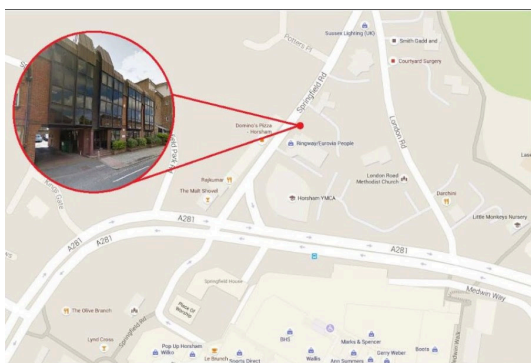
## Quote of the Month

"The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge"

~ Stephen Hawking

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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](mailto:info@purebio.co.uk)



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