



In this Issue:

1. [Research Backs Power of Omega-3 Fatty Acids](#)
2. [June ALTRUM News — Benefits of Exercise Reach Beyond Weight Loss](#)
3. [Price Adjustment for Ultra Omega-3](#)

Research Backs Power of Omega-3 Fatty Acids

Omega-3 fatty acids are among the most thoroughly studied nutrients. Omega-3 fatty acids have been shown to confer a multitude of benefits to the human body, according to an article in *Authority Nutrition*, an online newsletter that provides science-based evidence on nutrition.

"17 Science-Based Benefits of Omega-3 Fatty Acids," appeared in the [January 2016 issue of the newsletter](#).

Depression is one of the most common mental disorders in the world, with symptoms that include sadness, lethargy and a general loss of interest in life. Anxiety is also a very common disorder, and is characterized by constant worry and nervousness.

"Interestingly, studies have found that people who consume omega-3s regularly are less likely to be depressed," according to Freydis Hjalmarsdottir MS, who has a master's degree in human nutrition from the University of Iceland. "What's more, when people with depression or anxiety start taking omega-3 supplements, their symptoms get better."

There are three types of omega-3 fatty acids: ALA, EPA and DHA. Of the three, EPA appears to be the best at fighting depression, according to the article.

According to the article, some of the other benefits of omega-3 fatty acids include the following:

- Omega-3 fatty acid DHA is a major structural component of the retina of the eye. It may help prevent macular degeneration, which can cause vision impairment and blindness.
- Omega-3s have been proven to have numerous benefits for heart health.
- Omega-3s can help reduce chronic inflammation, which can contribute to heart disease, cancer and various other diseases.

This is an overview of some of the benefits of omega-3 fatty acids. Look for more in-depth information regarding the multitude of benefits of omega-3s in the July issue of *ALTRUM News*.





June ALTRUM NEWS Benefits of Exercise Reach Beyond Weight Loss

Popular wisdom has long equated more exercise with greater weight loss, but new research shows the effect of physical activity on human physiology may be a lot more complicated than that. Read the June issue of *ALTRUM News* to discover a multitude of ways that exercise benefits your body.

Price Adjustment for Ultra Omega-3

ALTRUM has received reduced prices on raw materials for ALTRUM Ultra Omega-3 and we are passing the savings on to you.

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price	Catalog Price
DUO01	EA	(1) 60 ct.	0.2	\$9.00	\$12.35
DUO01	CA	(6) 60 ct.	1.2	\$51.60	\$73.55



* These statements have not been evaluated by the Food and Drug Administration.
 This product is not intended to diagnose, treat, cure or prevent disease.
 Please check with your physician when using prescription medication in combination with food supplements.

ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.



unsubscribe from this list

Help us be sure that this email gets to your inbox. Adding our return address to your address book may "whitelist" us with your filter, helping future emails get to your inbox.

Copyright © 2016 AMSOIL INC., All rights reserved.
 AMSOIL INC. 925 Tower Ave., Superior, WI 54880

