



### ***In this Issue:***

1. [Vitamins That Help Provide Energy](#)
2. [Unique Ingredients Enrich ALTRUM Vitamin D3](#)
3. [May ALTRUM News — Research Shows Multiple Benefits of Vitamin D3](#)
4. [Price Adjustment for Ultra Omega-3](#)

## **Vitamins That Help Provide Energy**

There's no single answer to the question of what vitamin is good for energy. The B vitamins work collectively and individually in every cell to perform many different jobs, including helping the body release the energy it gets from carbohydrates, proteins and fats.

The eight B vitamins work together to help the body process, produce and efficiently use energy in different forms, and each one is necessary for good health. Together, these vitamins form the B complex that is critical to avoid fatigue and energize the body.

B vitamins are widely distributed throughout the food supply, so eating a varied, balanced diet that includes foods from all food groups helps give your body the nutrients it needs for energy.

Each of the B-complex vitamins plays a specific role in the body.

- B1 (Thiamin) strengthens the body's immune system and boosts neurotransmitter synthesis so the brain and nervous system, including memory, can function more efficiently.
- B2 (Riboflavin) helps the body produce energy through a variety of chemical reactions. It also increases efficiency of oxygen use, allowing cells to function more effectively.
- B3 (Niacin) helps reduce cholesterol levels which may be responsible for a range of health problems that can sap an individual's energy. Niacin also works in conjunction with other B vitamins to increase the body's efficiency when producing energy.
- B5 (Pantothenic Acid) helps with energy production and strengthens the body's immune system. A healthy immune system helps improve energy levels.
- B6 (Pyridoxine) helps protect the body's arteries and the health of the circulatory system.



- B9 (Folic Acid) helps protect arteries. It also plays a role in the formation of red blood cells, which carry oxygen to the rest of the body and are needed to maintain energy levels.
- B12 (Cyanocobalamin), along with folic acid, helps form red blood cells. Vitamin B12 also is a key factor in how effectively the body absorbs food and therefore replenishes its energy supplies.
- Biotin helps facilitate both fat and protein metabolism, a process that converts food into energy.

---

## Unique Ingredients Enrich ALTRUM Vitamin D3

Research indicates a growing list of benefits Vitamin D3 provides the body, from protecting the health of bones and teeth, to supporting overall immunity, helping to protect against chronic health problems, supporting the nervous system and more.\*

*Vitamin D3* is the newest supplement in the ALTRUM nutritional supplements line. ALTRUM *Vitamin D3* provides 2,000 IU of vitamin D3 enriched with a blend of organic fruits and superfoods that also have been shown to provide a multitude of health benefits.\* All ingredients are non-GMO.

The following ingredients are known to provide antioxidant, vitamin and mineral support for the body:

- Amla is rich in vitamin C and also contains other vitamins, minerals and antioxidants. Amla is often used to help ease inflammation of the joints, fevers, urinary tract infections and to control blood sugar. It is high in fiber and may be helpful in treating constipation.\*
- Acai is an antioxidant-rich fruit that has been heralded for centuries as a healing, immune-stimulating, energy-boosting fruit. Research has shown that this antioxidant-rich berry may be able to fight the health problems associated with oxidative damage, as well as provide other health benefits.\*
- Cranberries are high in nutrients and antioxidants. The possible health benefits of consuming cranberries include lowered risk of urinary tract infections, and more.\*
- Raspberries contain strong antioxidants such as Vitamin C, quercetin and gallic acid that fight against a number of physical problems and age-related decline.\* They are high in ellagic acid and have been shown to have antiinflammatory properties.\*
- Spirulina is a type of blue-green algae that is rich in protein, vitamins, minerals, carotenoids and antioxidants that can help protect cells from damage. It contains nutrients, including B-complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium and gamma linolenic acid (an essential fatty acid)
- Chlorella is a superfood rich with phytonutrients including amino acids, chlorophyll, beta-carotene, potassium, phosphorus, biotin, magnesium and B-complex vitamins. Studies have shown that chlorella benefits the entire body in a number of ways.\*




---

## May ALTRUM NEWS Research Shows Multiple Benefits of Vitamin D3

An increasing number of studies show the benefits of vitamin D3 go well beyond protecting the health of bones and teeth, its most commonly known benefit. Learn more about the multiple benefits of vitamin D3 in the May issue.



## 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