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Some Supplements Benefit Almost Everyone

The typical Western diet is filled with nutrient-poor and caloriendense processed foods, GMOs and pesticides. Soil has fewer nutrients than in times past, which means that the food that's grown in it has declined in nutritional value. Toxins abound in food, water, air and such things as personal care and cleaning products.

All of these things combine to make it increasingly difficult for most people to get all of the vitamins and minerals needed for good health from food alone.

Experts agree that each individual is unique in his or her nutrient requirements, yet, there are some supplements that can benefit most people.

ALTRUM Ultra Multi Formulated to support:

- Heart health***
- Energy and mood***
- Immunity***
- Brain function***

Research shows that most people benefit from supplementing a nutritious diet with a good multivitamin and mineral supplement. In addition, omega-3 fatty acids, daily digestive enzymes and probiotics help form a foundation for good health.

ALTRUM provides these essential supplements using the highest-quality ingredients available.

ALTRUM Ultra Multi is much more than a standard multivitamin. Its 86 distinct ingredients give you more than 14 supplements in one formula. It contains more than 25 vitamins and minerals, antioxidants, phytonutrients,



enzymes, herbs and amino acids.



September ALTRUM NEWS

New ALTRUM Vanilla Nutritional Drink Mix

ALTRUM Vanilla Nutritional Drink Mix ([DVS01](#)) joins the popular Chocolate Nutritional Drink Mix (DPS01) to provide Dealers and customers another option to enhance daily nutrition.

This versatile product is perfect when you need a boost, but don't want to prepare a meal. Just mix it with 8 ounces of milk or water for a nutrient-rich boost

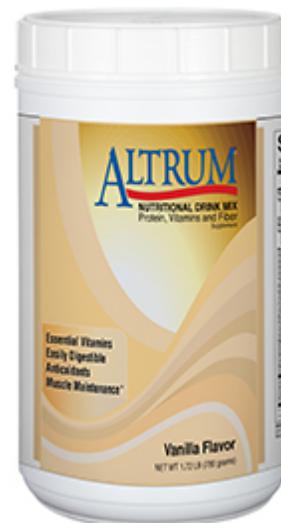
at any time of the day.

As with the chocolate-flavored drink mix, ALTRUM Vanilla Nutritional Drink Mix features protein, fiber, vitamins and minerals, enzymes and HMB, a metabolite that can help reduce soreness from exercise and maintain lean muscle mass.*

Vanilla Nutritional Drink Mix

Ingredients in Nutritional Drink Mix

- Protein – 10 g — an excellent source
- Fiber – 5 g — an excellent source
- Enzyme blend — protease (digest protein), amylase (digest carbs) and lipase (digest fats) to help assimilate nutrients in the formula
- HMB — to help maintain muscle mass
- Non-fat milk — contains a form of niacin (niacinamide riboside) that can help maintain a healthy weight
- Vitamins and minerals — 30 percent of daily value
- Flavor — Vanilla
- Stevia — natural sweetener
- Beet sugar — natural sweetener



* 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.



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