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Eat Right to Fuel Your Energy

Often linked to lifestyle, stress, modern technology and medical conditions, tiredness is one of today's most common health problems, according to the Mayo Clinic.

Normal sleepiness occurs at regular intervals following a circadian rhythm that signals the onset of sleep. Abnormal sleepiness, associated with the inability to stay awake when you need or want to, is a complex physical, physiological or psychological issue that can be made worse by disrupted sleep, illness and societal pressures.



A variety of factors can cause the tiredness many of us experience. Certain medications and medical conditions, including anemia, diabetes, obesity, adrenal fatigue, thyroid dysfunction and more can deplete energy stores. Anxiety, depression and insomnia also are aggravating factors.

Lifestyle behaviors, such as too much alcohol and caffeine consumption, too much or too little exercise, insufficient relaxation time and poor-quality sleep all can be reasons for weariness and reduced quality of life.

Although nutrition is sometimes overlooked in the search for answers to tiredness and low energy, research indicates that the right combination of foods can give you a boost, according to the Academy of Nutrition and Dietetics, which outlines several tips online.

Eating Strategies to Help Maximize Energy Levels

- Eating smaller, more frequent meals helps to fuel a healthy metabolism and prevent unwise snacking. Because the brain has limited energy reserves, providing a steady supply of healthy nutrients supports focus and cognitive function.
- Snacks should have protein and fiber-rich carbohydrates to provide lasting energy. Grab an apple and a handful of nuts, carrots and string cheese, or Greek yogurt and fresh berries. Keep in mind that snacks are not intended to fill you up, but to bridge you from one meal to the next.

- Eating just enough, but not too much, helps to curb cravings and reduces chances of overeating. On a scale of 0 to 10 (where 0 is starving and 10 is painfully full), try eating to about a 5 or 6 level, where you are comfortably full but not stuffed.
- A balanced meal includes whole grains, lean protein, fiber-rich fruits and vegetables, fat-free or low-fat dairy and a small amount of healthy fats. Balance out your plate with all the food groups for sustained energy.
- Skip the soda, sugary coffee and energy drinks. These foods may leave you buzzing for an hour, but likely will cause an energy crash. Instead, quench your thirst with water, fat-free or low-fat milk, low-calorie flavored water or unsweetened tea.



What Men Should Know About BPH



August ALTRUM NEWS What Men Should Know About BPH

Benign prostatic hyperplasia (BPH), also known as enlarged prostate, is a condition in which the prostate gland has grown larger than normal. Statistically, most men will experience enlarged prostate in their lifetime. Read the August issue of *ALTRUM News* to find out what you should know about this common male problem and the right nutrients to help protect your prostate health.

ALTRUM Supplements Stay Potent on the Shelf

Since 1985, ALTRUM supplements have provided Dealers with nutritional support for life-long health and vitality. Each batch of ALTRUM supplements undergoes rigorous testing to verify quality and potency.

With only a couple of exceptions, ALTRUM products have a 3-year shelf-life from the manufacture date. *Ultra Probiotics* and *Ultra Daily Enzymes* have a 2-year shelf-life. The manufacture date is stamped on the back of the label of all ALTRUM products, in compliance with Good Manufacturing Practices (GMP). ALTRUM nutritional supplements should be stored in a cool, dry place out of sunlight and with the lid closed.

Ultra Daily Enzymes (DEU) is an all-natural, high-potency, digestive enzyme supplement that helps replace enzymes lost in food.

Ultra Daily Enzymes supplies powerful, plant-derived food enzymes to digest protein, fats, carbohydrates, fiber, milk, lactose, beans/legumes and many other nutritional factors to help release their life-supporting nutrients



* 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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