



In this Issue:

1. [Probiotics Can Help Balance Your Digestion](#)
2. [ALTRUM News Online — Protecting Your Eyes as You Age](#)
3. [Boost Your Digestion With Ultra Probiotics](#)

Probiotics Can Help Balance Your Digestion

Although people often think of bacteria and other microorganisms as harmful "germs," many microorganisms help our bodies function properly. For example, bacteria that are normally present in our intestines help digest food, destroy disease-causing microorganisms and produce vitamins, according to an article on the website *Everyday Health*.

Large numbers of microorganisms live on and in our bodies. In fact, microorganisms in the human body outnumber human cells 10 to 1. Many of the microorganisms in probiotic products are the same as or similar to microorganisms that naturally live in our bodies.

Probiotics are known as "friendly" bacteria. The word probiotic is of Greek origin and means "for life." So, we can know that probiotics have been around for a long time. Almost every culture has a fermented food that contains probiotics," according to Donald Novey, MD, an integrative medicine physician with the Advocate Medical Group in Park Ridge, Ill. Products like yogurt, miso (fermented soybean paste), and some juices and soy beverages contain probiotics.

Spending on probiotic supplements has increased to a multi-billion dollar industry in the U.S. Research into the benefits of probiotics is ongoing.

Researchers have recently determined that when it comes to probiotics, it appears that 10 billion live "friendly" bacteria is the magic dose according to Novey. While that may seem like a big number, that is about how many are in an eight-ounce carton of yogurt. According to Novey, the further the yogurt is from the expiration date, the more live bacteria it is likely to contain.

Because foods naturally contain a variety of nutrients, they're often the best way for you to get your daily dose of probiotics. As an example, yogurt also provides calcium, a much-needed nutrient.



Because a growing body of evidence shows the important role of probiotics to overall health, yogurt and fermented foods and drinks are among the fastest growing categories in the consumer market. Savvy consumers are aware they need to include probiotics in their daily routine to keep a healthy balance of bacteria in their guts. Probiotic supplements also can help maintain that balance.

An especially good time to supplement with probiotic capsules occurs when antibiotics are used to treat an infection. Antibiotics are known to kill the good bacteria along with the bad and disrupt the balance in the gut. Probiotic capsules are especially useful to treat the cramping, gassiness and diarrhea that often occurs after the use of antibiotics disrupts the balance in the colon.



June ALTRUM NEWS Protecting Your Eyes as You Age

Age-related eye diseases commonly cause problems for us as we grow. But lifestyle changes can help protect eyesight. This issue of *ALTRUM News* brings you information about ways to protect your eyes for the years ahead.

Boost Your Digestion With Ultra Probiotics

Research continues to support the essential role probiotics play in promoting health by supporting the digestive and immune systems.* Roughly 70 percent of your immune system comes from your gut. Probiotics can help keep a healthy balance of good and bad bacteria to maintain overall good health.*

Ultra Probiotics is a universal probiotic that provides 20 billion live cells of beneficial microflora cultures in a single dose.* *Ultra Probiotics* is gluten-free and shelf-stable, which means there's no need for refrigeration.*

Research Shows Probiotics Help:

- Improve digestion and absorption of vitamins*
- Manufacture vitamins needed by the body*
- Inhibit the growth of harmful bacteria that cause digestive stress*



* 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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