



In this Issue:

1. [How Much Protein Do Your Really Need?](#)
2. [March ALTRUM News — Ultra Probiotics Gets New Formula](#)
3. [New Probiotic Formula for Better Health](#)

How Much Protein Do Your Really Need?

It's important to get adequate amounts of protein in our diets, particularly as we age: Protein contains the amino acids that help synthesize muscle and maintain bones. It also may reduce high blood pressure.

The government recommendation for protein intake for healthy younger adults is 0.8 grams per kilogram (2.2 pounds) of body weight. That means, if you weigh 130 pounds, you should consume 47 grams of protein daily, and if you weigh 185 pounds, you should consume 67 grams. A simple way to calculate your protein requirement is to divide your weight in half: If you weigh 175 pounds, you should consume 87.5 grams of protein a day.



Older adults need more protein than younger adults to maintain their muscle mass — about 1 to 1.2 grams per kilogram of body weight.

Just as their protein requirements are increasing, they're getting less. They may not be as hungry, they may have trouble chewing meats and other sources of protein, or they may not want to cook. Frail older adults need even more protein than healthy older adults: 1.2 to 1.5 grams per kilogram of body weight, according to some researchers.

Too Much or Too Little?

The first step in meeting your protein requirement is to figure out how much you're currently consuming. Consult the [USDA's National Nutrient Database for Standard Reference](<https://ndb.nal.usda.gov/ndb/foods>) and click on the food in question to determine how much protein your typical food choices contain.

Tips to Help Get the Best Protein Mix

- Consume high-quality protein at every meal. That typically means whole foods, such as 3 ounces of salmon, shrimp, beef, pork, or chicken; 1/2 cup cooked lentils; or 2 tablespoons of peanut butter—not protein-fortified processed products.

Evenly dividing your protein consumption not only ensures that you get enough protein per day, but also makes it more likely that you will build muscle, research suggests. If you're an older adult (age 60 and above), include at least 20 grams of high-quality protein at every meal, if not 25 to 30 grams.

- Lift weights or do resistance training to complement your protein intake — the combination is the best way to stay strong throughout your older years.
- With the exception of soy and quinoa, plant-based proteins may be incomplete, containing fewer amino acids than animal-based proteins. Still, by combining different protein types — beans, nuts, seeds, and grains — vegetarians can get the mix of amino acids they need to stay healthy.
- If you're trying to lose weight, watch your calories and avoid carbohydrates and fats, not protein. You want to make sure to consume enough protein to stay satiated and to maintain your muscles and bones, both of which can thin when you cut calories.



March ALTRUM NEWS Ultra Probiotics Gets New Formula

Multiple Strains, Gluten Free, Shelf Stable, Saves Money

ALTRUM *Ultra Probiotics* has been a best-seller since its introduction in 2013. Beginning in March, ALTRUM brings you a new formula to provide even more of what you look for in a probiotic supplement. In this issue, read about how ALTRUM Manager Don Zupc's desire to help his daughter with a chronic health problem led to state-of-the-industry improvements in ALTRUM *Ultra Probiotics*.

New Probiotic Formula for Better Health

- 20 billion live cells
- Nine premium strains
- Gluten free
- No refrigeration needed
- 2-month supply in one bottle

What Probiotics Can Do:

- Help improve digestion and absorption of vitamins
- Help stimulate the body's natural defense mechanism — the immune system
- Help manufacture vitamins needed by the body
- Help 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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