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Renew Your Health This Spring

Springtime is traditionally the time of year to clean up, organize and replace the old with the new. It's also a great time to start healthy new habits. Here are a few tips to get a head start in your spring health.

Start an Exercise Routine

The weather is warmer and the days are longer, a perfect combination to encourage you to get active outside. The American Heart Association recommends that individuals do moderate exercise for at least 150 minutes per week, or 75 minutes per week of vigorous exercise.

However, research shows that even short periods of activity have benefits. A 2011 study on more than 416,000 men and women published in *The Lancet* showed that subjects who exercised an average of 15 minutes per day, at a moderate-intensity (e.g. brisk walking), lived an average of three years more than those who did little or no activity. Other investigations have shown similar longevity benefits for those who keep moving.

Revamp Your Diet with Fresh Fruits and Vegetables

Springtime brings a variety of vegetables to the market. Try some tender asparagus, watercress, artichoke or avocado during their peak season. All fruits and vegetables contain vitamins, minerals and other nutrients that may help prevent heart disease, cancer and other illnesses, according to the American Heart Association.* Some of these nutrients are fiber, potassium, folate and vitamin A and C.

The Heart Association recommends you eat as many different colors as you can. Try to eat about three to five servings of veggies every day to enjoy the benefits of their vitamins, minerals and fiber. Fruit is also a good source of the major nutrients to replenish your body. Experts recommend you eat about two or three servings of fruit each day.



Drink More Water

Summer heat can make it harder to stay hydrated, so it's important to drink more water. Start before you're exposed to the heat and drink plenty of water before going outside and have plenty on-hand to stay hydrated. If you aren't a fan of water, try infusing it with lemon, cucumber and lime for a refreshing flavor.

Protect Your Skin

Your skin needs protection. Not only do men and women need to regularly moisturize their skin, but also protect it from the harsh rays of the sun. If you're outside, make sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays.

Renew Relationships

It's time to get out of the house and visit with your friends and family. Research has shown that good, strong relationships benefit your overall health and happiness. Spend the day with people you love, and schedule regular outings to enjoy the great spring weather.



Nourish Your Body,
Nourish Your Brain

Your brain is a hungry organ that needs more than its share of nutrients. When your brain doesn't get the nutrients it needs, it's hard to feel happy, mentally sharp and productive, and you put yourself at greater risk for mood disorders, brain aging and degenerative brain diseases.

The way you eat affects your body and your brain. Learn more in the April issue of ALTRUM News.



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Improved Flavor, Coating for Male Power

French vanilla has been added to the ALTRUM Male Power (DMP01) formulation for better flavor. The product also now features an improved coating that maintains tablet integrity.

ALTRUM Nutritional Supplements Support Your Healthy Life

* 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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