



In this Issue:

1. [Tips to Naturally Boost Your Energy](#)
2. [August ALTRUM News — Vitamin D3 Helps Provide Many Health Benefits](#)
3. [ALTRUM Multis Provide Wide Range of Nutrients](#)

Tips to Naturally Boost Your Energy

Most people will tell you they wish they had more energy. Store shelves carry a multitude of vitamins, herbs and other supplements touted as energy boosters; however, there's almost no scientific evidence that these ingredients work to really give you more energy.

Fortunately, science-backed ways to increase energy do exist. Here are some of them, published in *Healthbeat*, a Harvard Medical School publication.



Control stress

The emotions that stress brings on consume huge amounts of energy. They can leave you completely drained. Talking with a friend or relative, joining a support group, or seeing a psychotherapist can all help diffuse stress. Relaxation therapies such as meditation, self-hypnosis, yoga and tai chi are also effective tools for reducing stress.

Lighten your load

Working too much can be a big reason for fatigue. Overwork can include professional, family and social obligations. Take a good look at your “must-do” activities and try to streamline that list. Set your priorities in terms of the most important tasks, and cut down on the ones that are less important. You might even ask for help at work, if necessary.

Exercise

Research shows that exercise almost guarantees that you'll sleep more soundly. It also gives your cells more energy to burn and circulates oxygen. And exercising causes your body to release epinephrine and norepinephrine, stress hormones that in modest amounts can make you feel energized. A brisk walk is a good start.

Eat for energy

Become a grazer. A large meal can trigger your body to release more insulin, causing blood sugar (glucose) levels to drop and leaving you in a fatigue-inducing slump, according to Andrew Weil, M.D. It's also important not to skip meals, which deprives your body of needed calories and sets you up for energy-draining

overeating at your next meal. Instead, eat smaller meals or healthy snacks throughout the day, which will help keep blood sugar levels steady.

Use caffeine to your advantage

Caffeine helps increase alertness, so having a cup of coffee can help sharpen your mind. But to get the energizing effects of caffeine, you have to use it judiciously. It can cause insomnia, especially when consumed in large amounts or after 2 p.m.

Limit alcohol

One of the best hedges against the midafternoon slump is to avoid drinking alcohol at lunch. The sedative effect of alcohol is especially strong at midday. Similarly, avoid a five o'clock cocktail if you want to have energy in the evening. If you're going to drink, do so in moderation at a time when you don't mind having your energy wind down.

Drink water

What's the only nutrient that has been shown to enhance performance for all but the most demanding endurance activities? It's not some pricey sports drink. It's water. If your body is short of fluids, one of the first signs is a feeling of fatigue.



August ALTRUM NEWS Vitamin D3 Helps Provide Many Health Benefits

There's a long list of ways vitamin D3 helps protect your health. But getting the right amount of vitamin D3 to benefit your body is easier said than done.

Worldwide, nearly 1 billion people have inadequate amounts of vitamin D in their blood, and deficiencies can be found in all ethnicities and age groups. Read the August ALTRUM News for more information on this important nutrient.

ALTRUM Multis Provide Wide Range of Nutrients

ALTRUM Ultra Multi with Iron and Ultra Multi without iron are your foundation for well-being.*

ALTRUM Ultra Multis contain more than 25 vitamins and minerals, antioxidants, phytonutrients, enzymes, herbs and amino acids. This unique formula of 86 ingredients represents more than 14 supplements. It is balanced and whole for optimum health and vitality.*

Ultra Multi with iron provides the iron most women need until they reach the age of 50. Ultra Multi without Iron is ideal for women past child-bearing age, and men — especially those who eat meat.

Ultra Multi provides nutritional insurance to help: Boost your energy*

- **Protect your heart***
- **Keep your mind sharp***
- **Look and feel younger***
- **Beat stress and fatigue***

- **Strengthen immune system***
- **Balance your mood***

No other multiple vitamin compares in the number of health and energy-supporting ingredients.* Ultra Multi provides great nutritional support in this age of on-the-go lifestyles. Ensure you receive all the nutrients you need in the most advanced, effective form possible.*

Ultra Multi does not contain fillers, artificial sweeteners, flavors or preservatives.

Suggested Use: Six tablets daily, preferably two or three tablets with each meal.

Ultra Multis

Stock#	Units	Dealer Price	P.C.
	EA (1)		
DNU01	180-count	33.45	35.15
	CA(6)		
DNU01	180-count	191.10	200.70
	EA(1)		
DWI01	180-count	33.45	35.15
	CA(6)		
DWI01	180-count	191.10	200.70



* 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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