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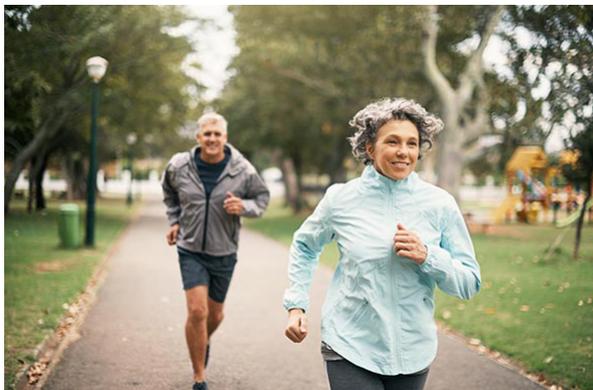
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The Hidden Benefits of Exercise

We know that exercise has many benefits. It can help us lose weight, tone muscle and look better. But a large body of research shows there are a number of benefits to working out that are not so easily seen.

Here are some of the awesome ways exercise can benefit your mind, body and soul:

- It zaps anxiety. Ever notice that you can start a workout feeling stressed and anxious, and end it feeling good? It isn't in your head. Or, actually, it is: According to a study from Princeton University, exercise changes the chemistry of the brain by causing the release of GABA, a neurotransmitter that helps quiet brain activity and minimize anxiety. The study found that people who ran regularly had a low reaction to stressful situations, even if they hadn't run in more than 24 hours.
- It boosts immunity. Regular exercise can reduce your risk of certain serious health conditions, including heart disease, diabetes and some cancers. It can also decrease your chances of developing more common illnesses, such as flus and colds. (According to one study, colds lasted 43 percent longer for people who exercised once a week or less.)
- It improves body image. After summarizing the effects of 57 separate studies, a group of researchers determined that exercise improves how you feel about your body.
- It brings on better sleep. If you're having sleep problems, skip the pills and hit the pool, track or spin studio. According to one study, people who exercised regularly for about 10 weeks reported they dozed off faster and used less sleep-promoting medication.
- It strengthens the brain. Studies have found that working out can lessen the severity of memory problems in older adults, and even decrease the risk of diseases such as Alzheimer's. It can also have a positive benefit on the brain function of younger people. Research out of New Zealand shows



that exercise improves executive function — the general brain processes that include planning, memory, reasoning, problem-solving and more.

(Source information from WebMd at <https://www.webmd.com/fitnessexercise/features/7-invisible-ways-exercise-improves-your-life#1>).



April ALTRUM NEWS Most Men May Experience BPH

Although many health concerns affect men and women alike, some are gender specific. Such is the case with prostate health. Statistically, most men will experience an enlarged prostate in their lifetime. Learn about the ways your lifestyle can help support prostate health.

Also, learn more about new Prostate Health, the first in the new line of supplements ALTRUM is introducing over the next year.

New Prostate Health Available From ALTRUM

As you may know from reading the March *ALTRUM News*, the ALTRUM line of supplements is undergoing a major overhaul. Throughout the next year, ALTRUM will bring you all new formulas, new prices and a new look.

ALTRUM Prostate Health (ALPH-EA) is the first of the new line to debut. It brings you the proven prostate nutrients you already trust — saw palmetto and stinging nettle. Added nutritional support comes from pumpkin seed oil, zinc, vitamin B-6 and lycopene.*

The supplements may be new, but they still contain state-of-the-art ingredients and the same high quality you count on from ALTRUM.

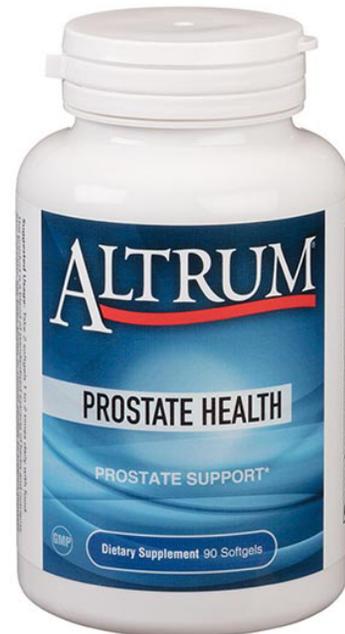
Plus, ALTRUM Prostate Health offers added value with a 90-count bottle. That's 50 percent more servings per bottle and a lower cost per daily serving.

Product Description

Standardized Saw Palmetto, Stinging Nettle and Lycopene ALTRUM Prostate Health contains a blend of standardized extracts of herbs and nutrients in a balanced formulation.

Saw Palmetto has been shown in clinical studies to support prostate function.*

Additional nutritional support comes from pumpkin seed oil, zinc, vitamin B-6 and lycopene.*



Prostate Health

Stock #	Units	Comm. Credits	Dealer Price	P.C. Price
ALPH	EA (1) 90 ct.	\$37.80	\$39.70	\$41.70

ALPH CA (12) 90 ct. \$453.60 \$453.60 \$476.40

* 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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