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Antioxidants Can Protect Your Health

Antioxidants are compounds produced in your body and found in foods. They help defend your cells from damage caused by potentially harmful molecules known as free radicals.

When free radicals accumulate, they may cause a state known as oxidative stress. This may damage your DNA and other important structures in your cells.

Chronic oxidative stress can increase your risk of chronic diseases such as heart disease, type 2 diabetes and cancer, according to the National Institutes of Health.

A diet rich in antioxidants can help increase your blood antioxidant levels to fight oxidative stress and reduce the risk of chronic illnesses. Scientists use several tests to measure the antioxidant content of foods.

One of the best tests is the FRAP (ferric reducing ability of plasma) analysis. It measures the antioxidant content of foods by how well they can neutralize a specific free radical, according to the National Institutes of Health. The higher the FRAP value, the more antioxidants the food contains.

Here is a list of some of the healthy foods that are high in antioxidants.

Dark chocolate has more cocoa than regular chocolate, as well as more minerals and antioxidants. The antioxidants in cocoa and dark chocolate have been linked to health benefits such as less inflammation and reduced risk factors for heart disease, according to the National Institutes of Health. Research also shows a link between cocoa intake and normal blood pressure in both healthy people and those with high blood pressure, according to the National Institutes of Health.

Pecans are a good source of healthy fats and minerals, and contain a high amount of antioxidants. Research shows that people who consume 20 percent of their daily calories from pecans experienced increased antioxidant levels in the blood. Study participants who consumed pecans also had reduced levels of oxidized LDL cholesterol in the blood. High levels of oxidized LDL cholesterol in the blood is a risk factor for heart disease, according to the National Institutes of Health.



Berries such as strawberries, blueberries and goji berries all are low in calories and high in antioxidants. These nutritional powerhouses also contain vitamins, minerals and fiber, which may work together to reduce the risks of heart disease, improve brain function and protect skin, according to the National Institutes of Health.

Greens such as kale and spinach offer high amounts of antioxidants. Kale is rich in vitamins A, K and C, as well as being a great plant-based source of calcium, an important mineral that helps maintain bone health and plays roles in other cellular functions, according to the National Institutes of Health. Spinach is rich in nutrients, high in antioxidants and low in calories. It's also one of the best sources of lutein and zeaxanthin, which defend the eyes

Research shows that eating a wide variety of the fiber-rich, antioxidant foods can help you boost your blood levels of antioxidants and reap their many health benefits.

(Source information: <https://www.healthline.com/nutrition/foods-high-in-antioxidants>)



March ALTRUM NEWS Big Changes Coming for *ALTRUM* Supplements

It's an exciting time for ALTRUM. The entire line of nutritional supplements is set for an overhaul throughout the coming year. We're raising the bar — everything from packaging to formulations is being upgraded. This issue of ALTRUM News gives you all of the details.

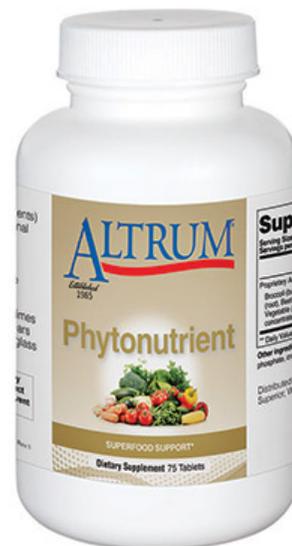
Boost Your Health With Superfood Support

We all know we need to eat more fruits and vegetables to maintain our health. Yet, sometimes it's difficult to eat the recommended daily servings our bodies need. Supplementing with concentrated vegetables, such as Superfood Phytonutrient Support, can provide high levels of health-promoting phytonutrients. This formula packs phytonutrients found naturally in vegetables and deep greens.

Phytonutrients nutritionally support healthy, normal function and structure in the entire body such as joint comfort and ease of mobility*, antioxidant activity that provides cell protection* and promotes good general health.*

Superfood Phytonutrient Support contains nine super vegetable concentrates including broccoli, tomato, spinach, carrot, cauliflower, kale, beet, Brussels sprouts and celery.

Suggested Use: Two to four tablets daily for adults and children over 6 years of age. May be taken with meals or a full glass of water.



* 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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