



### ***In this Issue:***

1. [\*The Right Snacks Help Balance Your Healthy Diet\*](#)
2. [\*May ALTRUM News — Benefits of Protein for Your Health\*](#)
3. [\*New ALTRUM Chocolate Whey Protein Powder Now Available\*](#)
4. [\*Nutritional Support For Your Prostate; Greater Value Per Bottle\*](#)

## **The Right Snacks Help Balance Your Healthy Diet**

It's no secret that eating the right foods daily can help you stay healthy and trim.

A large body of research shows that snacking on nutritious foods that are high in fiber and protein helps promote feelings of fullness and may decrease the number of calories you eat in a day, according to the National Institutes of Health.

Eating more veggies can benefit health in countless ways and reduce your risk of many chronic conditions, including heart disease. Still, according to the National Institutes of Health, most people don't eat enough vegetables.



Although it takes some preparation, a wide variety of delicious, low-calorie snacks can fill you up and help keep your wellness goals on track.

Here are some snack combinations that will have you eating a more balanced diet — and more vegetables.

- Fiber-rich vegetables paired with a protein source such as hummus — a creamy spread made from chickpeas, tahini, olive oil, salt and lemon juice — makes a satisfying snack that will help keep you feeling full between meals.
- Apple slices with natural peanut butter provide a perfect combination of filling and healthy fruit, along with protein, the most filling of the three macronutrients — protein, carbs and fat. Research shows that adding peanut butter to your diet can help reduce hunger and maintain a healthy body weight, according to the National Institutes of Health.
- Hard-boiled eggs are packed with vitamin B12, vitamin A, selenium, phosphorus, healthy fats and more than 6 grams of protein. Hard-boiled eggs are a portable and convenient snack that pairs well with other healthy foods such as vegetables, fruits, nuts and cheese.

- Smoothies are a perfect way to add more vegetables, fruits and healthy protein sources to your diet.

Create a protein-packed, nutrient-dense smoothie by combining a leafy green such as kale with frozen berries and a scoop of protein powder and blend with a liquid of your choice, such as water or nut milk.

Nut butters, chia seeds, coconut, cacao nibs, and flax seeds are additional ingredients that can be added to smoothies for an extra boost of nutrition. For low-calorie smoothies, use greens, berries and protein powder and leave out nut butter and coconut.



## May ALTRUM NEWS New Chocolate Whey Protein Powder Now Available; Benefits of Protein for Your Health

ALTRUM Chocolate Whey Protein Powder, with **2.5 times more protein** than our previous drink mix, is now available for purchase. Learn more about this delicious new product that can become a daily part of your quest to maintain and support your health in this issue. Also read the latest research on the benefits of getting the right amount of protein to meet your body's needs as you age.

February is National Heart Month. Learn about the connection between your heart and your brain in the February issue.

## Available Now - More Protein With Chocolate Whey Protein Powder

Chocolate Whey Protein Powder (ALPR) is the second all-new product available from ALTRUM.

Not only is the new Chocolate Whey Protein Powder delicious, it has **2.5 times more protein** than our previous protein drink.

Whey protein is considered to have the highest biological value (BV) of any protein source – superior in essential amino acid content to beef, milk, casein or soy.

ALTRUM Chocolate Whey Protein Powder is a blend of three high-quality whey protein concentrates and isolates: ultrafiltered, microfiltered and enzymatically hydrolyzed (partially predigested). This blend of specially processed whey proteins is designed to maximize amino acid absorption and biological value (BV).

It also brings you the power of branched-chain amino acids (BCAAs). We've added an extra 420 mg. per serving of amino acid glutamine.

Each 1-scoop serving provides more than 5,700 mg of branchedchain amino acids (BCAAs).

Natural color variation may occur in this product. This product is sold by weight not volume.

### ALTRUM Chocolate Whey Protein Powder



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALPR	EA (1)	\$22.75	\$35.00	\$36.75
ALPR	CA (6)	\$136.50	\$210.00	\$220.80

## Nutritional Support For Your Prostate; Greater Value Per Bottle

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

***The new supplements contain the 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.

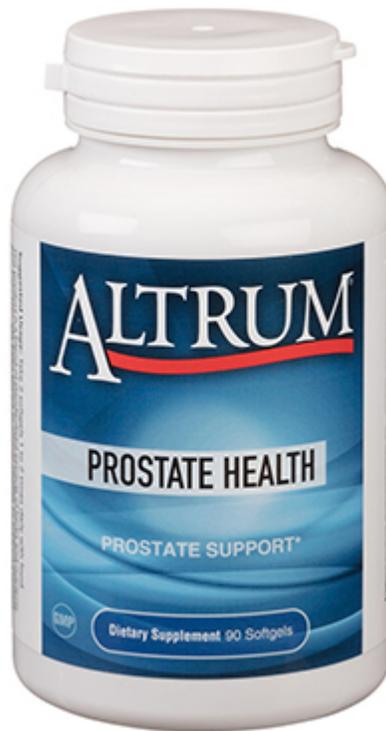
### Product Description

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



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