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Some Tips to Manage Stress

From minor challenges to major crises, stress is part of life. It's when stress becomes overwhelming, or it's chronic, that it can take a toll on your well-being. That's why it's important to have effective stress relievers that can calm your mind and your body.

Short-Term Stress-Relief Strategies You Can Do Anywhere

Whether you're about to be interviewed for a job or you're feeling overwhelmed by your child's behavior, it's important to have some stress reduction tools that can lower your stress right now.



The best short-term strategies can be performed anywhere, take little practice to master, are free and provide immediate relief.

Guided Imagery

Guided imagery is like taking a short vacation in your mind. It can involve imagining yourself in your "happy place"—maybe sitting on a beach, listening to the waves, smelling the ocean and feeling the warm sand beneath your feet.

You can learn this technique with a recording that walks you through a peaceful scene. After you know how to do it yourself, you can practice guided imagery anywhere, by simply closing your eyes for a minute and picturing yourself in a peaceful scene. Think about all the sensory experiences you'd have, and allow yourself to feel as though you're there. After a few minutes, open your eyes and return to the present moment.

Meditation

Meditation brings short-term stress relief as well as lasting stress management benefits.

You might develop a mantra to repeat in your mind as you take slow deep breaths. Or, you might take a few minutes to practice mindfulness, which means being in the moment. You simply pay attention to what you see, hear, taste, touch and smell.

That sounds simplistic, but when you're focused on the here-and-now, you won't be able to ruminate about something that already happened, and you can't worry about something in the future.

Meditation and mindfulness take practice, but can make a big difference in your overall stress level, according to research in the National Institutes of Health.

Focus on Breathing

Focusing on your breath or changing the way you breathe can make a big difference to your overall stress level. Breathing techniques can calm your body and your brain in just a few minutes, according to research published in the National Institutes of Health.

Here are a couple of simple techniques to try.

- Breathe in through your nose and watch your belly fill with air. Count slowly to three as you inhale. Hold for one second and then slowly breathe out through your nose as you count to three again.
- Breathe in through your nose and imagine that you're inhaling peaceful, calm air. Imagine that air spreading throughout your body. As you exhale, imagine that you're breathing out stress and tension.

Take a Walk

Exercise is a fantastic stress reliever that can work in minutes. When you walk, you get a change of scenery, which can put you into a different frame of mind and also bring the benefits of exercise. It's a simple but effective way to rejuvenate your mind and body.

Fast-Acting Stress-Relief Strategies at Home

In the privacy of your own home, there are many stress relief strategies that can help you relax fast.

These strategies can give you some immediate relief from stress.

Get a Hug From a Loved One

Physical touch can do a lot to relieve your stress. Hugging a loved one can be especially beneficial.

Research shows that hugging releases oxytocin (also known as the "cuddle hormone") throughout your body. Oxytocin is associated with higher levels of happiness and lower levels of stress. Oxytocin also causes a reduction in blood pressure. It reduces the stress hormone norepinephrine and can produce a sense of relaxation. Go ahead, get a hug. It can be one of the simplest forms of stress relief.

Enjoy Aromatherapy

Aromatherapy has real benefits for stress relief — it can help you feel energized, more relaxed or more present in the moment. Emerging research suggests certain scents can alter brain wave activity and decrease stress hormones in the body.

Create Artwork

Although you may not be an artist, you can still reap the stress relieving benefits of creative work by coloring in a coloring book. Research consistently shows that coloring can have a meditative effect. One study found that anxiety levels declined in people who were coloring complex geometric patterns, making it a perfect outlet for stress reduction.

Build resilience to stress through developing a lifestyle that includes a healthy diet and plenty of exercise, time for hobbies and activities you love, such as gardening, cultivating gratitude and positive self-talk.

(Source information: https://www.verywellmind.com/tipsto-reduce-stress-3145195?utm_campaign=health_tod&utm_medium=email&utm_source=cn_nl&utm_content=19850535&utm_term=singleclick)

Get to Know the New ALTRUM Products

ALTRUM brings you the best ingredients on the market. Independent testing assures that every bottle contains exactly what's on the label.

We've been rolling out our new product line for much of the last year. These new products bring you the latest science in vitamins and supplements to support your healthy lifestyle.

Take a look at what we're offering. We'll keep you up to date on these and the rest of our new products in this monthly online newsletter, the monthly *ALTRUM News* and in the ALTRUM and AMSOIL Dealer Zones.

[ALTRUM Women's Multi \(ALWM\)](#)

- With Evening Primrose, Cranberry, Green Tea, & CoQ10
- Gentler and Easier to Swallow & Absorb ALTRUM Women's Multi provides vitamins A, C, D and E, along with several B vitamins; minerals, such as calcium and magnesium, and more.

We've added evening primrose, cranberry, green tea and CoQ10 to further enhance this new formula. ALTRUM Woman's multi-vitamin softgels are easier to swallow and formulated for better GI tolerability. Natural color variation may occur in this product.

Women's Multi



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALWM	EA (1) 90 ct.	34.00	35.70	37.50
ALWM	CA (12) 90 ct.	408.00	408.00	428.00

[ALTRUM Men's Multi \(ALMM\)](#)

ALTRUM Men's Multi (ALMM) with saw palmetto, plant sterols, lycopene and CoQ10, brings you a formula that helps support your nutritional goals with two daily softgels.

We thought we could pack enough nutrients into a one-a-day formula, but it couldn't be done to our standards. Each 90-count bottle provides a 45-day supply, which saves you money over the 30 servings per bottle with our previous multi without iron (DWI01).

ALTRUM Men's Multi-vitamin softgels are easy to swallow and are formulated to be easy on your stomach.

Natural color variation may occur in this product.

Men's Multi



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALMM	EA (1) 90 ct.	34.00	35.70	37.50
ALMM	CA (12) 90 ct.	408.00	408.00	428.00

ALTRUM Omega-3 (ALOM)

ALTRUM Omega-3 is a natural fish-oil concentrate manufactured under strict quality-control standards. It comes in an enteric-coated, odor-controlled softgel for ease of use.

According to a large body of research published by the National Institutes of Health, omega-3 fatty acids have a beneficial effect on our bodies, helping to maintain or improve such things as eye health, brain function, bone strength, heart health and more.

From the FDA: "Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."

Natural color variation may occur in this product.

Omega-3

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALOM	EA (1) 90 ct.	16.00	16.80	17.65
ALOM	CA (12) 90 ct.	192.00	192.00	201.60



Molecularly Distilled

**Odor-Controlled,
Enteric-Coated**

**180 mg EPA / 120 mg
DHA**

**Supports Heart
Health***

ALTRUM Energy Support (ALES) is packed with an array of nutrients known to support your body's energy, complete with B vitamins, green tea, panax ginseng and rhodiola to support thermogenesis, energy production and adrenal support.*

Caffeine is present in this product as a naturally occurring compound in herbal ingredients guarana, yerba mate and green tea. It contains approximately 64 mg of caffeine per serving (equivalent to about 1/2 cup of coffee).

Natural color variation may occur in this product.

Energy Support

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALES	EA (1) 90 ct.	23.34	24.55	25.80
ALES	CA (12) 90 ct.	280.08	280.08	294.60



ALTRUM Joint Support (ALJS) is a combination of nutrients that help support the formation and function of healthy joint tissue.*

ALTRUM Joint Support with glucosamine, Boswellin® and sea cucumber provides vitamin C, manganese and copper, which are critical for the production and maintenance of healthy joint structures.*

It also has zinc and B vitamins, which can help support the body's proper response to everyday joint stress.*

Glucosamine is included as an essential structural component that is naturally present in bones and joints.* Natural color variation may occur in this product.

Boswellin® is a registered trademark of Sabinsa Corp.

Joint Support

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALJS	EA (1) 90 ct.	20.95	22.00	23.10
ALJS	CA (12) 90 ct.	251.40	251.40	264.00



ALTRUM CoQ10 (ALCQ)

- Supports Heart Function*
- Cellular Energy Production*

ALTRUM CoQ10 (ALCQ) is formulated with 60 mg. of pharmaceutical- grade CoQ10, produced through the natural fermentation process.

Coenzyme Q10 (CoQ10) is a vitamin-like compound that plays a central role in cellular energy production.* Although CoQ10 is found throughout the body, it is especially concentrated in the heart, liver and kidneys. CoQ10 works as a potent free radical scavenger in cell membranes and within blood vessels.* Years of scientific research have shown that CoQ10 helps to maintain a healthy heart and vascular system.*

Natural color variation may occur in this product.

CoQ10

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALCQ	EA (1) 60 ct.	19.00	19.95	20.95
ALCQ	CA (6) 60 ct.	228.00	228.00	239.40



ALTRUM C-500 Plus (ALVC)

ALTRUM C-500 Plus brings you 500 mg. of vitamin C, a water soluble nutrient well known for its vital role in the immune system.* This versatile vitamin also plays an important role in the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone and joint health.*

Vitamin C enables amino acid metabolism, neurotransmitter synthesis and the use of many nutrients.* It is also a highly effective antioxidant that can help maintain healthy tissues by neutralizing free radicals generated during normal metabolism and exposure to environmental stressors.*

ALTRUM C-500 Plus supplies calcium ascorbate, a buffered form of vitamin C that is bioavailable and non-acidic; it is enhanced with bioflavonoids, which work synergistically with vitamin C.*

Natural color variation may occur in this product.

CoQ10

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALVC	EA (1) 60 ct.	12.25	12.90	13.55
ALVC	CA (12) 60 ct.	147.00	147.00	154.80



ALTRUM Men's Male Power (ALMP) is an herbal formula specifically designed to support a man's modern, active lifestyle.*

This unique formula features Epimedium, also known as horny goat weed, plus other popular herbal ingredients Muira puama, Maca and Tribulus. This blend may enhance sexual performance.*

Natural color variation may occur in this product.

Men's Male Power

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALMP	EA (1) 60 ct	23.00	24.15	25.40
ALMP	CA (12) 60 ct	276.00	276.00	289.80



Not only is **ALTRUM Chocolate Whey Protein Powder (ALPR)** delicious, it has 2.5 times more protein than our previous protein drink.

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

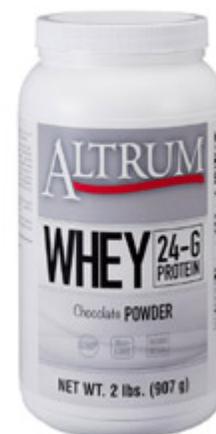
ALTRUM Chocolate Whey Protein Powder is a blend of three high-quality whey protein concentrates and isolates: ultrafiltered, microfiltered and enzymatically hydrolyzed (partially predigested). This blend of specially processed whey proteins is designed to maximize amino acid absorption and biological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

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

2.5x MORE PROTEIN



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

ALTRUM Odorless Garlic (ALOG) is extracted from Allium sativum. Garlic abounds with naturally occurring sulfur compounds, amino acids and trace minerals.

ALTRUM Odorless Garlic is a highly purified, garlic extract that has been aged for 18 months. It is deodorized, yet maintains the nutritional value of garlic.

This product is manufactured without yeast, wheat, gluten, milk, egg, fish or shellfish ingredients. It is produced in a Good Manufacturing Practice (GMP) facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product. Naturally occurring particulates may be visible in this garlic softgel.



Odorless Garlic

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALOG	EA (1) 100 ct.	13.10	13.80	14.50
ALOG	CA (12) 100 ct.	157.20	157.20	165.60

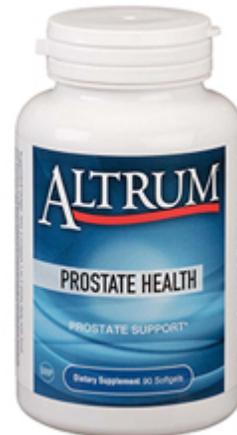
ALTRUM Prostate Health (ALPH) brings you the proven prostate nutrients you know and trust — saw palmetto and stinging nettle. Added nutritional support comes from pumpkin seed oil, zinc, vitamin B-6 and lycopene.*

This balanced formula contains 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.

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

We added the nutritional support of pumpkin seed oil, zinc, vitamin B-6 and lycopene.*



Prostate Health

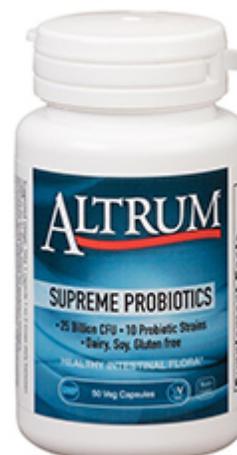
Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALPH	EA (1) 90 ct.	37.80	39.70	41.70

ALPH	CA (12) 90 ct.	453.60	453.60	476.40
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ALTRUM Supreme Probiotics (ALPB) offers a balanced spectrum of live organisms consisting of acid-resistant probiotic bacterial strains known to naturally colonize the human GI tract.* Probiotic bacteria are critical for healthy digestion.* They help maintain the integrity of the intestinal lining, support proper intestinal motility and participate in the detoxification process.* ALTRUM Supreme Probiotics contains bacterial strains that have been clinically validated for their support of healthy immune system function.*

This product is formulated to deliver a potency of at least 25 billion CFU through the Best By date. That's 5 billion more CFU than our old formula.

Supreme Probiotics



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALOG	EA (1) 50 ct.	33.92	35.65	37.45
ALOG	CA (12) 50 ct.	407.04	407.04	427.80

ALTRUM Calcium Plus (ALCP) combines the essential minerals of calcium and magnesium that work together to maintain several critical physiological processes.*

They are both necessary for normal neural, muscular and blood vessel function and for the maintenance of proper bodily fluid balance.* Calcium and magnesium also support the formation and maintenance of a healthy skeleton.*

This product is manufactured without yeast, wheat, gluten, milk, egg, fish or shellfish ingredients. It is produced in a Good Manufacturing Practice (GMP) facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Calcium Plus



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALCP	EA (1) 100 ct.	17.00	17.85	18.75
ALCP	CA (12) 100 ct.	204.00	204.00	214.20

ALTRUM Nutritional Oils (ALNO)

ALTRUM Nutritional Oils (ALNO) is a blend of flax seed, evening primrose, canola, black currant and pumpkin seed oils. These well-known nutritional oils are provided in a balanced formula of omega-3, omega-6 and omega-9 fatty

acids. The omega-3, Alpha Linolenic Acid (ALA), and the omega-6, GLA, play important roles in the maintenance of healthy skin and immune system function.* Dietary Oleic Acid, a monounsaturated omega-9 fatty acid, has been associated with healthy cardiovascular function.*

From the FDA: "Consumption of omega-3 fatty acids may reduce the risk of coronary heart disease. FDA evaluated the data and determined that, although there is scientific evidence supporting the claim, the evidence is not conclusive.

Each serving may also have the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats: omega- 3, ALA, 45 percent; omega-6, GLA, 26.5 percent; omega-9, Oleic Acid, 17.5 percent; Other, short chain fatty acids, saturated fats, phospholipids, 11 percent.

Natural color variation may occur in this product.



Nutritional Oils

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALNO	EA (1) 100 ct.	21.00	22.05	23.20
ALNO	CA (12) 100 ct.	252.00	252.00	264.60

ALTRUM Supreme Digestive Enzymes

- Optimizes the Nutritional Value of Foods*
- Full-Spectrum Enzyme Formula

ALTRUM Supreme Digestive Enzymes (ALDE) is a potent proprietary combination of digestive enzymes produced through controlled fermentation of select microbial species and is stable throughout the pH range of the GI tract.* This full-spectrum digestive support formula helps to optimize nutrient absorption by assisting in the breakdown of protein, carbohydrate and fat, as well as dairy, grains and indigestible fibers found in foods such as vegetables and beans.* In addition, ALTRUM Supreme Digestive Enzymes is suitable for vegetarians.

Natural color variation may occur in this product.



ALTRUM Supreme Digestive Enzymes

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALDE	EA (1) 60 ct.	20.44	21.50	22.60
ALDE	CA (12) 60 ct.	245.32	245.32	258.00

* 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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