



In this Issue:

1. [Tips for a Healthier Prostate](#)
2. [New ALTRUM Products](#)

Tips for a Healthier Prostate

When it comes to men's health one of the most important, yet often avoided, topics to consider is prostate health. Research shows that almost all males will experience prostate issues at some point over the course of their lifetimes, ranging from minor to serious. While common, there are things you can do now to promote better prostate health and help avoid bigger problems as you age.

Aging males often do not realize there's a problem until symptoms start to develop. Most commonly an enlarged prostate, known as benign prostatic hyperplasia (BPH), can begin to develop in men in their 30s; however, symptoms may not become apparent until men hit their 50s and can be left untreated until then. Signs of BPH and other prostate issues include:

- Frequent & sudden urge to urinate
- Waking during the night to urinate
- Blood in urine or semen
- Painful or burning urination
- Incontinence

Prostatitis, which is an inflammation of the prostate gland that may be caused from a bacterial infection, is another prostate health risk. There are varying forms of Prostatitis, from asymptomatic to chronic. The most serious prostate health threat is prostate cancer. According to Cancer.org, one in nine men will be diagnosed with prostate cancer in their lifetime. There are a few increased risk factors of prostate cancer; men aged 50 and older are at higher risk, as are African American, Hispanic and Native American men. Men with a family history of prostate cancer are more likely to have it, and the risk further increases for those with a high-fat diet.



There are steps you can take now to bolster your prostate health and help avoid complications later.

Get Screened

Most importantly, speak to your doctor about the best time to get a prostate screening. Men in higher-risk groups are recommended for prostate checks starting at age 40, while those at normal risk typically start at age 55. Check with your doctor to learn more about screening options and find out the best time to start.

Maintain a balanced diet

Green, leafy vegetables are full of nutrients and antioxidants that can go a long way toward promoting good prostate health. Spinach, kale, lettuce and broccoli are excellent choices to add a healthy dose of vital nutrients to your diet.

Get Some Rays

According to a 2005 study by the Northern California Cancer Center, sunshine and its known properties of Vitamin D can also help ward off prostate cancer. Their findings revealed men with a higher solar exposure had their risk of prostate cancer cut in half.*

Start a Supplement

Saw palmetto, a tree that grows in North America, has undergone studies that may indicate a benefit to reduced symptoms of an enlarged prostate. Pumpkin seed, stinging nettle and rye pollen are also commonly found in prostate supplements and believed to help support men's prostate health.

(Source information: <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>
Symptoms/common problems: <https://www.nia.nih.gov/health/prostate-problems>. Sunshine & Vitamin D: <https://www.webmd.com/prostate-cancer/news/20050615/sunshine-may-provide-prostate-protection#1>.
Prostatitis: <https://www.cancer.gov/types/prostate/understanding-prostate-changes>. Prostate Health Tips: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/tips-for-keeping-a-healthy-prostate>.
Supplement Info: <https://www.webmd.com/men/prostate-enlargement-bph/enlarged-prostate-supplements-remedies#2>

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.

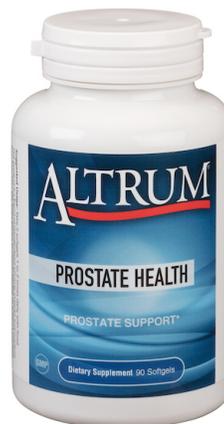
[ALTRUM Prostate Health \(ALPH\)](#)

- 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.*



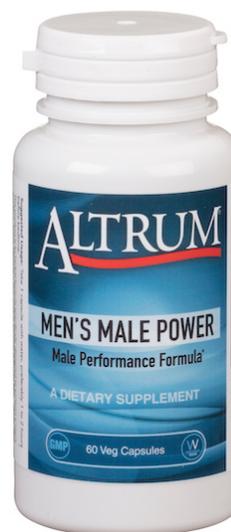
Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALPH	EA	37.80	\$39.70	\$41.70
ALPH	CA	453.60	\$453.60	\$476.40

Men's Male Power (ALMP)

- With Epimedium, Muira Puama and Tribulus

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 like Muira puama, maca and tribulus. This blend may enhance sexual performance.*

Natural color variation may occur in this product.



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALMP	EA	23.00	\$24.15	\$25.40
ALMP	CA	276.00	\$276.00	\$289.80

ALTRUM Men's Multi (ALMM)

- With Saw Palmetto, Plant Sterols, Lycopene and CoQ10
- Gentle on your stomach, easy to swallow and absorb

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.



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALMM	EA	34.00	\$35.70	\$37.50
ALMM	CA	408.00	\$408.00	\$428.40

* 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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