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## **The Benefits of Garlic Are Plentiful**

Garlic is one of nature's superfoods, carrying significant benefits beyond enhancing the flavor of food. Research shows that it can help improve cardiovascular health, boost immunity, lower blood pressure and more. These benefits have been recognized for centuries and are still employed today throughout modern medicine.

Garlic is naturally rich in vitamins and nutrients, including manganese, selenium, vitamin C, vitamin B6, allicin and other antioxidants. A plant in the Allium (onion) family, it is high in nutrients and low in calories. One clove of raw garlic holds the following daily value (DV) of nutrients with just 4.5 calories, 0.2 grams of protein and 1 gram of carbs:

- **Manganese:** 2% of the DV
- **Vitamin B6:** 2% of the DV
- **Vitamin C:** 1% of the DV
- **Selenium:** 1% of the DV
- **Fiber:** 0.06 grams
- Suitable amounts of calcium, copper, potassium, phosphorus, iron and vitamin B1

Additionally, garlic has been found to help ward off illness, including the common cold. A double-blind, 12-week study revealed those receiving a garlic supplement had fewer colds and faster recovery than others in the placebo group. Another study showed reduced flu & cold sick days by 61 percent with a high dose (2.56 grams per day) of aged garlic per day.

The cardiovascular benefits of garlic are significant, helping to lower blood pressure and cholesterol levels known to cause heart disease. Those with high total and LDL cholesterol have benefited from reduced levels when taking garlic supplements.



Garlic is also known for its ability to help relieve exercise-induced fatigue. Since ancient Greece, athletes have used it to enhance performance and reduce the feelings of fatigue that follow. Many modern athletes use this today to help alleviate the effects of rigorous training.

Along with a healthy diet and exercise, taking a daily garlic supplement can help improve key areas of your overall health and wellbeing.

(Source information: <https://www.healthline.com/nutrition/11-proven-health-benefits-of-garlic/>  
<https://www.ncbi.nlm.nih.gov/pubmed/11697022>)

## 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 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.



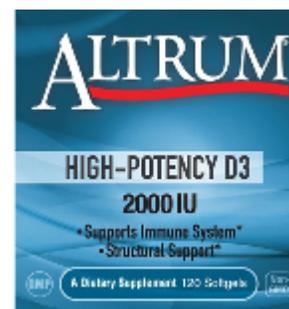
### Odorless Garlic

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 High-Potency D-3 (ALVD)**

ALTRUM High-Potency D3 (ALVD) softgels supply this key vitamin in a highly absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, vitamin D supplementation becomes even more necessary to ensure your body receives an adequate supply.

Natural color variation may occur in this product.



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALVD	EA (1) 120 ct.	17.00	\$17.85	\$18.75
ALVD	CA (12) 120 ct.	204.00	\$204.00	\$214.20

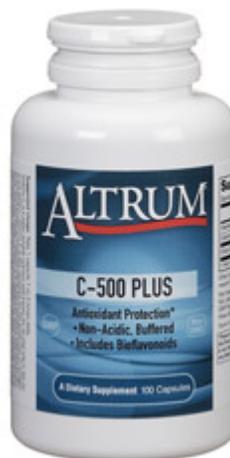
**ALTRUM C-500 Plus (ALVC)**

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.



Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALVC	EA (1) 100 ct.	12.25	\$12.90	\$13.55
ALVC	CA (12) 100 ct.	147.00	\$147.00	\$154.80

**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.



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	\$428.40
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**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.



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	\$428.40

\* 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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