

These Foods Boost **Your** Immune System

Keeping your immune system strong is one of the best ways to ward off or lessen the effects of typical seasonal viruses. It's also one of the best ways to stay well all year long.

A large body of research tells us that certain foods may be helpful for boosting the immune system and preventing colds and the flu. Here's a look at five types of nutrients that your immune system needs to perform and the foods in which you'll find them.

Vitamin C

Vitamin C is an essential nutrient, which means your body doesn't produce it. You can only get it through foods and supplements. Vitamin C acts as an antioxidant. Antioxidants help fight free radicals, a type of unstable molecule known to damage the immune system.

There's some evidence that vitamin C may be particularly helpful in boosting the immune systems of people under major stress. There are a wide variety of foods you can add to your diet to increase your vitamin C intake: citrus fruits and juices (such as orange and grapefruit), kiwi fruit, red and green peppers, broccoli and strawberries are examples of foods considered high in vitamin C.

Vitamin E

Like vitamin C, vitamin E is a powerful antioxidant. According to research, maintaining ample levels of vitamin E is crucial for maintaining a healthy immune system, especially among older people. To get your fill of vitamin E, look to these foods: wheat germ oil, almonds, sunflower seeds, hazelnuts and peanut butter.

Zinc

Zinc is an essential mineral involved in the production of certain immune cells. The National Institutes of Health (NIH) caution that even mildly low levels of zinc may impair your immune function. Here are some top food sources of zinc: oysters, baked beans, cashews, raisin bran and chickpeas.

Carotenoids

Another type of antioxidant, carotenoids are a class of pigments found naturally in a number of plants. When consumed, carotenoids are converted into vitamin A (a nutrient that helps regulate the immune system). Look to these foods to boost your carotenoids: carrots, kale, apricots, papaya and mango.

Omega-3 Fatty Acids

Omega-3 fatty acids are a type of essential fatty acid known to suppress inflammation and keep the immune system in check. Although it's not known whether omega-3s can help fight off infections (such as the common cold), research suggests that omega-3s can protect against immune system disorders. Try these omega-3-rich foods: oily fish (including mackerel, tuna, salmon, sardines, herring, and trout), flaxseed and walnuts.

More foods that may help boost your immune system include garlic, foods high in probiotics (such as yogurt and kefir) and green tea.

Research shows it's also important to get enough sleep, exercise regularly and manage stress to keep your immune system healthy.

(Source information: https://www.verywellhealth.com/types-of-foods-to-boost-your-immune-system-89020?utm_campaign=health_tod&utm_medium=email&utm_source=cn_nl&utm_content=19216714&utm_term=singleclick)



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Check with your physician when using prescription medications along with food supplements.

Available Now



NEW

ALTRUM Women's Multi (ALWM)

ALTRUM Women's Multi with Iron provides vitamins A, C, D and E; 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 Women's multi-vitamin softgels are easier to swallow and are formulated for better GI tolerability. Natural color variation may occur in this product.

Women's Multi with Iron

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



ALTRUM Omega-3 (ALOM)

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."

Molecularly Distilled
Odor Controlled - Enteric Coated
180 mg EPA / 120 mg DHA
Supports Heart Health*

ALTRUM Omega-3 is a natural fish-oil concentrate manufactured under strict quality-control standards. It is tested to be free of potentially harmful levels of contaminants such as PCBs, dioxins, mercury and other heavy metals.

ALTRUM Omega-3 comes in an enteric-coated odor-controlled softgel designed to be easily tolerated in your system. 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

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 Nutritional Oils (ALNO)

ALTRUM Nutritional Oils 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.* Natural color variation may occur in this product.



Nutritional Oils

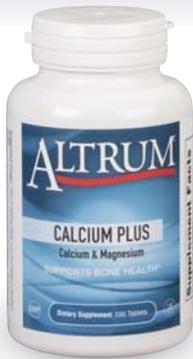
Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALNO	EA (1) 100 ct.	21.00	22.05	23.20
ALNO	CA (12) 100 ct.	252.00	252.00	264.60

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Please check with your physician when using prescription medications in combination with food supplements. All testimonials about ALTRUM nutritional products are non-scientific reports and are not intended to draw any direct cause and effect link between discussed events or "results" and consuming the nutrients contained in the products described. Results are individual and will vary from person to person.

ORDER #: 1-800-777-7094 | www.altrumonline.com

2 MARCH 2020 ALTRUM www.altrumonline.com

Available Now



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.

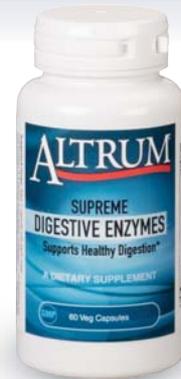
Calcium Plus

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 Supreme Digestive Enzymes (ALDE)

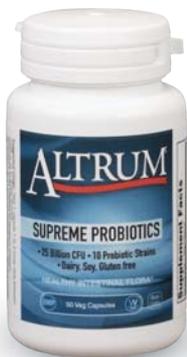
A potent proprietary combination of digestive enzymes produced through controlled fermentation of select microbial species and is stable throughout the pH range of the GI tract.*

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.



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



ALTRUM Supreme Probiotics (ALPB)

Offers a balanced spectrum of live organisms consisting of acid-resistant probiotic bacterial strains that are 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 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
ALPB	EA (1) 50 ct.	33.92	35.65	37.45
ALPB	CA (12) 50 ct.	407.04	407.04	427.80

ALTRUM CoQ10 (ALCQ)

Is formulated with 60 mg. of pharmaceutical-grade CoQ10, produced through the natural fermentation process.

- Supports Heart Function*
- Cellular Energy Production*

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.



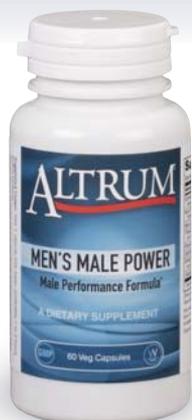
CoQ1

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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

** Please check with your physician when using prescription medications in combination with food supplements.

Available Now



ALTRUM 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 Muira puama, Maca and Tribulus. This blend may enhance sexual performance.* Natural color variation may occur in this product.

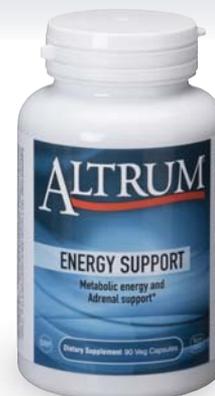
Men's Male Power

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

ALTRUM Energy Support (ALES)

Packed with an array of nutrients known to promote thermogenesis, energy production and adrenal gland function, including B vitamins, green tea, panax ginseng and rhodiola.

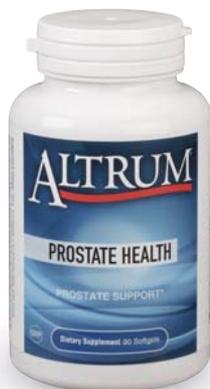
Caffeine is present in this product as a naturally occurring compound in herbal ingredients guarana, yerba mate and green tea. It contains approximately 64 mg of caffeine per serving (equivalent to about 1/2 cup of coffee). Natural color variation may occur in this product.



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

Visit www.altrumonline.com for complete pricing information for Dealers and Preferred Customers.



ALTRUM Prostate Health (ALPH)

The proven prostate nutrients you already trust — saw palmetto and stinging nettle. Added nutritional support comes from pumpkin seed oil, zinc, vitamin B-6 and lycopene.*

This new 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.

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

ALTRUM C-500 Plus (ALVC)

Delivers 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.



Vitamin C-500 Plus

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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

** Please check with your physician when using prescription medications in combination with food supplements.

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 has been 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 Joint Support (ALJS)

A combination of nutrients that help to 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.

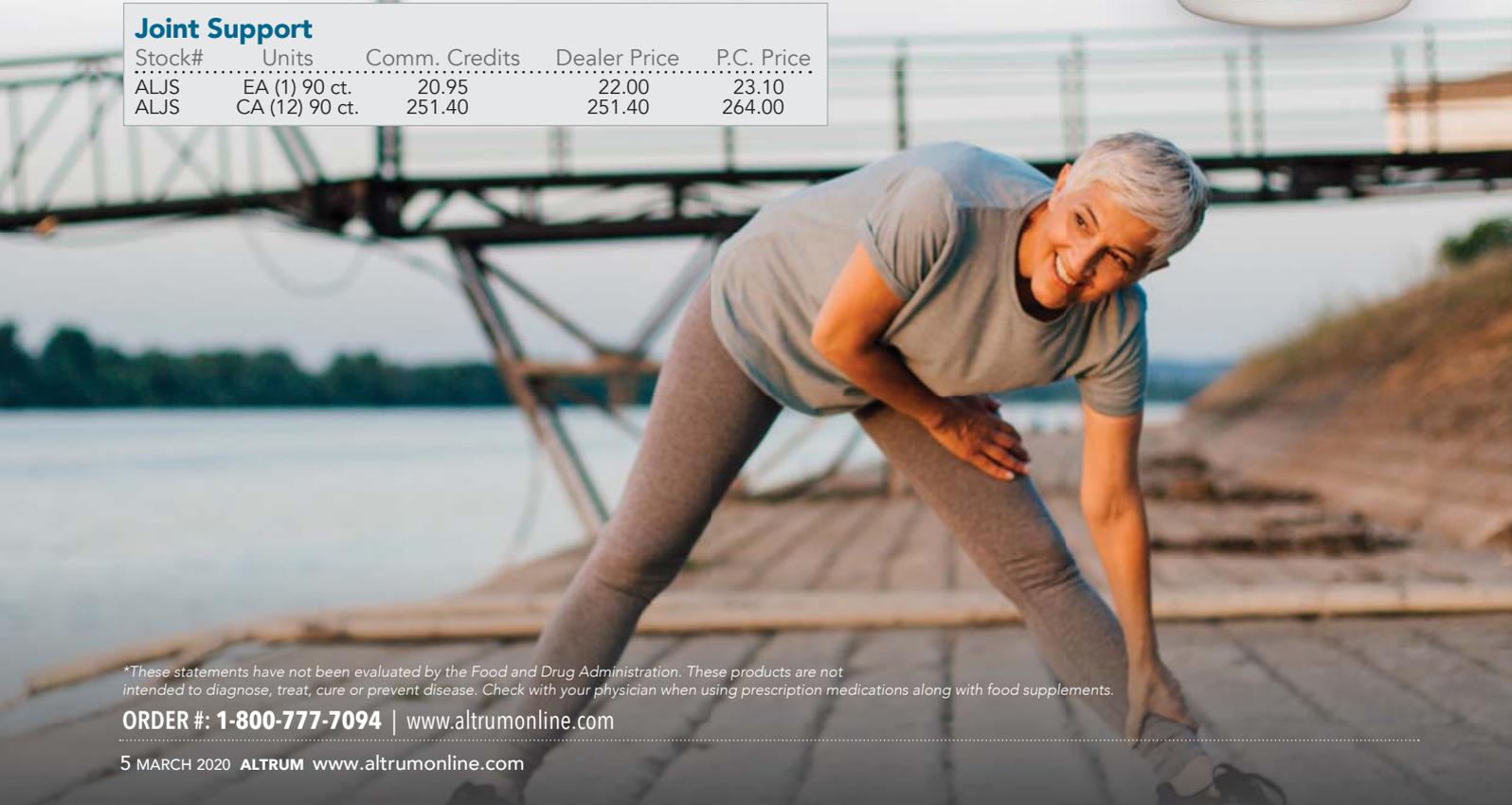


Joint Support

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

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Check with your physician when using prescription medications along with food supplements.

ORDER #: 1-800-777-7094 | www.altrumonline.com



ALTRUM Vision Support (ALVS)

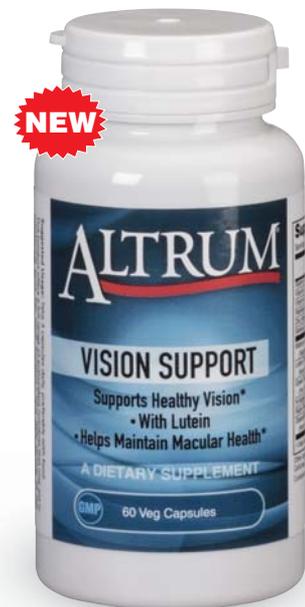
- With FloraGLO® Lutein
- Helps Maintain Macular Health*

ALTRUM Vision Support (ALVS) offers a full range of antioxidant nutrients that may aid in maintaining some key visual functions.*

One serving of Vision Support has 10 mg of lutein, a carotenoid found in dark green leafy vegetables. Lutein is a dominant pigment in the macular region of the eye.*

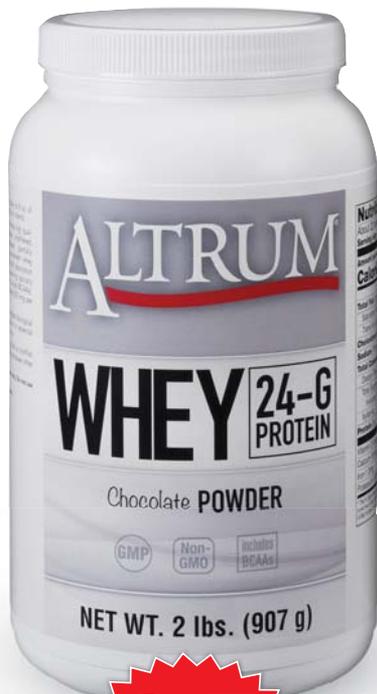
Also included are the antioxidant vitamins A, C and E, as well as supporting nutrients critical for neutralizing free radicals produced by sunlight.* In addition, Bilberry extract has been added for its biologically active flavonoids that support healthy vision.*

FloraGLO® is a registered trademark of Kemin Industries, Inc.



Vision Support

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALVS	EA (1) 60 ct.	28.18	29.60	31.10
ALVS	CA (12) 60 ct.	338.17	338.17	355.20



2.5
X
MORE PROTEIN

ALTRUM Chocolate Whey Protein Powder (ALPR)

The nutritional benefits of protein in a delicious new formula.

Experts say 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).

Not only does new Chocolate Whey Protein Powder taste great, it has **2.5 times the protein of our previous protein drink.** It also brings you the power of branched-

chain amino acids (BCAAs). We've added an extra 420 mg. per serving of glutamine, an amino acid that is a building block of proteins and an important molecule for the immune system and intestinal system.

Each one-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.

Research shows older adults have significantly increased protein needs — up to 50 percent higher than the DRI, or about 0.45-0.6 grams per pound (1-1.3 grams per kg) of body weight.

Chocolate Whey Protein Powder

Stock#	Units	Comm. Credits	Dealer Price	P.C. Price
ALPR	EA (1) 2lbs.	22.75	35.00	36.75
ALPR	CA (6) 2lbs.	136.50	210.00	220.80

**Please check with your physician when using prescription medications in combination with food supplements. ^ At time of manufacture

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Check with your physician when using prescription medications along with food supplements.