Heart disease is the leading cause of death for men and women in the United States, according to the Centers for Disease Control.

The term “heart disease” refers to several types of heart conditions. The most common type in the United States is coronary artery disease, which can cause heart attack, angina, heart failure and arrhythmias.

Risk Factors for Heart Disease
Risk factors are conditions or habits that make a person more likely to develop a disease, according to the National Institutes of Health. These factors also can increase the chances that an existing disease will get worse.

Some factors that increase the risk for heart disease are beyond individuals’ control, such as age and family history. But there are a number of important risk factors for heart disease that you can do something about.

They include the following:
• High blood pressure
• High blood cholesterol
• Diabetes and prediabetes
• Smoking
• Being overweight or obese
• Being physically inactive
• Unhealthy diet

Healthy choices that include some changes in lifestyle and diet can make the difference not only in the health of your heart, but with every action taken to protect the heart, your overall health gets a boost, too.

Eight Ways to Improve, Protect Heart Health
1. Make time for physical activity. A Harvard study found that watching TV for two hours a day increased the risk of developing heart disease by 15 percent, and additional TV time further increased heart disease risk. The American Heart Association (AHA) recommends being active for at least 30 minutes each day, even if you have to break it into three 10-minute sessions. Regular exercise also speeds weight loss, which is important because obesity can increase the risk for heart disease. Exercise also helps to reduce high blood pressure and stimulates good blood circulation, which benefit the heart and overall health.

2. Quit smoking. Smoking cigarettes is tied to a number of potentially fatal health problems, including cancer, lung disease, stroke and heart disease. Smoking alone raises the risk of developing heart disease by two to four times, according to the Centers for Disease Control and Prevention.

You Can Change Your Risk for Heart Disease

*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.
3. **Manage stress.** Stress causes strain on the heart, which creates a higher risk for cardiovascular disease. Jeffrey Fisher, M.D., a cardiologist, clinical professor of medicine at Weill Cornell Medical College and an attending physician at New York-Presbyterian Hospital, recommends exercise for people experiencing mild to moderate stress. “When people start to exercise and feel the endorphins, they start to feel better both physically and mentally,” he said. “Exercise has also been shown to reduce the risk of death after heart attack.”

4. **Maintain a healthy weight.** Weight extremes also can increase the risk for heart disease. Heart disease is the most common cause of death for people who become drastically underweight. At the other extreme, obesity can increase the risk for heart disease even without other risk factors. People who are obese often have other health conditions related to inactivity, such as diabetes and high cholesterol.

5. **Eat a healthy diet.** The foods you eat play a huge role in whether you gain too much weight and develop high cholesterol, both of which can increase the risk for heart disease. Look for foods that are high in nutrients but low in calories.

Include foods high in omega-3 fatty acids such as wild-caught salmon and sardines. Eat a rainbow of fruits and vegetables. Each color represents different antioxidants, vitamins and minerals. Include whole grains and lean protein such as grass-fed beef and skinless chicken.

6. **Manage high blood pressure.** Statistically, about one in three adults in the United States has high blood pressure, but many aren’t aware of it. Uncontrolled high blood pressure is one of the most deceptive risk factors for heart disease because there aren’t any physical symptoms — you need to have your blood pressure checked to know if you’re in the heart-healthy range.

Left untreated, high blood pressure can cause damage to arteries and organs such as the heart. The force of high blood pressure creates tears in the artery walls, which form scar tissue. The scar tissue becomes a trap for plaque buildup and creates an increased likelihood for blood clots, and can lead to heart disease.

7. **Manage high cholesterol.** About one in every six American adults has high cholesterol, which increases the risk for heart disease. Low-density lipoprotein (LDL) is the “bad” cholesterol and high-density lipoprotein (HDL) is the “good” cholesterol. Too much bad cholesterol and not enough good cholesterol can result in plaque building up on the walls of arteries. Over time, arteries harden and become narrower, which can lead to heart disease. Blood flow becomes restricted, which can then lead to heart attack or stroke.

8. **Control diabetes.** Diabetes affects more than 8 percent of Americans. Diabetes is an example of how one health condition can start a chain reaction of other medical issues, such as high blood pressure and high cholesterol. As these conditions develop, so does the risk for heart disease. More than 65 percent of people with diabetes die from heart disease or stroke.

### Some Supplements That May Help Keep Your Heart Healthy

Healthy eating and plenty of exercise can help manage or reduce the risks of heart disease. Including nutritional supplements, especially a multivitamin, to fill in any nutrient gaps, can also help safeguard your good health.

Research shows that, in addition to a multivitamin/superfood complex, a high-quality omega-3 supplement can provide heart-protective benefits. Likewise, coenzyme Q-10 has proven in a number of studies to help safeguard heart health, and can be beneficial in conjunction with cholesterol-lowering medications, according to Andrew Weil, M.D., a leader and pioneer in the field of integrative medicine and editorial director of the website, drweil.com.
News You Can Use

Study: Diet Rich in Fruits, Vegetables Reduces Risks of Disease

According to the Harvard School of Public Health, “a diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems and have a positive effect upon blood sugar, which can help keep appetite in check.”

The Harvard-based Nurses’ Health Study and Health Professionals Follow-up Study, which included almost 110,000 men and women and assessed their dietary habits over 14 years, found that the more vegetables and fruits participants ate daily, the less likely they were to develop cardiovascular conditions, according to an article in X-Tend Life, online newsletter, 2015.

According to the study, those who ate an average of eight or more servings a day – compared to those who ate less than 1.5 servings a day – were about 30 percent less likely to have a heart attack or stroke.

According to the World Cancer Research Fund, a diet rich in plant-based foods “probably” protects against a variety of cancers. The non-profit organization recommends eating at least five servings of fruits and vegetables per day, making sure that at least two-thirds of your plate is filled with plant foods.

Survey: Consumers Understand Value of Supplements

The vast majority of consumers recognize that multivitamins, calcium and vitamin D supplements can help fill nutrient gaps but should not be viewed as replacements for a healthy diet, according to a survey conducted on behalf of the Council for Responsible Nutrition (CRN). Conclusions from the survey of more than 2,000 U.S. adults were published in Nutrition Journal in a peer-reviewed article, “Consumer attitudes about the role of multivitamins and other dietary supplements: report of a survey,” by CRN consultant Annette Dickinson, Ph.D.; Douglas (Duffy) MacKay, N.D., senior vice president, scientific & regulatory affairs, CRN; and Andrea Wong, Ph.D., vice president, scientific & regulatory affairs, CRN.

“Our data suggest that policy makers and health professionals can recommend dietary supplements to help improve nutrient intakes without being concerned that this will cause consumers to discount the importance of eating a healthy diet,” Dickinson said.

The survey asked 2,159 U.S. adults key questions to measure consumer attitudes about the role of multivitamins, calcium and vitamin D supplements, in improving dietary intakes. Nearly 90 percent of respondents (88 percent) agreed that calcium and vitamin D supplements can help support bone health when dietary intake is not sufficient and 87 percent reported that multivitamin and mineral supplements can help meet nutrient needs when people don’t get enough from food alone. Responses indicated consumers hold balanced perspectives about the role supplementation plays in overall health, with 80 percent in agreement that multivitamins should not replace healthy eating or lifestyle habits and 81 percent concluding that multivitamins should be considered as just one part of a healthy diet. The importance of having an open dialogue with doctors was also recognized, with 82 percent in agreement that people considering taking a high dose, single nutrient supplement should talk with their physician.

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Nutrients for Heart also Protect Overall Health

Ultra Multi (with Iron) and AJ’s Ultra Multi (without iron) deliver 86 ingredients that represent more than 14 supplements in one formula. With more than 25 vitamins and minerals, antioxidants, phytonutrients, enzymes, herbs and amino acids, The multivitamins are your foundation for well-being. These unique formulas are balanced and whole for optimum health and vitality. ALTRUM Ultra Multis are a great way to ensure you are getting all the nutrients you need in an advanced, effective form.*

Nutritional Oils provide omega-3 essential fatty acids from 1,200 mg each of flax, borage and fish oils per daily recommended dose.

Ultra Omega-3 is a concentrated omega-3 formula that provides an ideal source of the highest-quality EPA and DHA essential fatty acids.

Ultra Daily Enzymes helps your digestive system extract nutrients from food. This product also contains a probiotic blend of “friendly” flora (1.5 billion per daily dose) needed for a healthy digestive system.*

Systemic enzymes balance inflammation. Longevity Enzymes, taken between meals, may nutritionally help support the body’s own systemic enzymes.

Vision Power provides the most advanced antioxidant advantage formula to support not only your eyes, but especially your heart and circulatory system. You get the combined antioxidant power of carotenoids, lutein, lycopene, zeaxanthin, alpha lipoic acid and much more to defend your body against the effects of free-radical damage. Studies suggest people at risk for heart disease are in danger from higher levels of inflammation (C-reactive protein).

Coenzyme Q10, or CoQ10, plays several vital roles in overall health. CoQ10 is one of the most important antioxidant supplements for protecting heart health and supporting normal cardiovascular function. Statin medications may deplete naturally occurring CoQ10. Supplementation with ALTRUM CoEnzyme Q10 may promote healthy levels and may also help strengthen the heart, support the immune system, keep gums healthy and increase energy.

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Ultra Daily Enzymes is a superior digestive aid. Ultra Daily Enzymes is an advanced reformulation of our original enzyme formula, Daily Enzyme Support. Ultra Daily Enzymes contains higher potencies of the original premium digestive enzymes, along with seven additional health-enhancing enzymes.

Ultra Daily Enzymes

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Too Few Enzymes

Metabolic enzymes are the keys to cell life; they power every biological process. The human body also requires specific digestive enzymes for normal digestion. A deficiency of digestive enzymes causes the body to divert metabolic enzymes to the work of digestion and robs the body of the benefits of those enzymes. This process depletes energy stores and ages the body ahead of its time.*

Most adults don’t have enough digestive enzymes in their systems because cooking and processing food destroys the natural enzymes present in raw foods.* Moreover, our bodies produce fewer digestive enzymes as we age. This lack of enzymes leads to poor digestion.

Poor Digestion Leads to Poor Energy

Food provides the basic nutrients required for energy, growth and healing. However, even eating a balanced, healthy diet won’t do any good unless your body has the digestive enzymes to break down what you eat into absorbable nutrients.*

As digestive enzyme levels decrease, digestive problems can lead to nutrient deficiencies, obesity, gas, bloating, indigestion, acid reflux, sluggishness, chronic fatigue, candida, parasites, high cholesterol and a host of other health problems.*

How To Use Ultra Daily Enzymes

ALTRUM Ultra Daily Enzymes contain proven, powerful digestive enzymes. Regular use may help eliminate digestive problems and supply your body with better absorption of nutrients from the food you eat.*

Take one capsule per meal, or break open a capsule and sprinkle on food or mix in water for even faster digestive action to help you feel better faster. Take an extra capsule to help digest heavier meals or to combat indigestion, heartburn or bloating.*

Ultra Daily Enzymes also may help the following:

- Relieve indigestion*
- Increase stamina and energy*
- Strengthen immune system*
- Help digest fats*
- Eliminate gas and toxins*
- Slow aging*

Enzymes unlock food’s nutrients and turn the food we eat into energy that our bodies can use.*

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