



Gut Health Check

Over 100 trillion bacteria, somewhere in the range of 1,000 different bacterial species, occupy your gut. Known as the gut microbiome, this community of both 'good' and 'bad' bacteria plays a pivotal role in our health and wellbeing. It aids in food digestion, metabolizing nutrients and reducing inflammation.



A delicate balance needs to be maintained to stay healthy, and a few factors can throw that balance off track. Everything we consume affects these bacteria levels, and everyone has their own little microbiome ecosystem to maintain, for better or worse. We'll explain a bit more about what that means and how to keep it in check.

Good Vs. Bad:

Levels of 'bad' bacteria can increase from poor diet, illness, use of antibiotics, stress, lack of physical activity and high alcohol intake. Each of these can disturb the microbiome balance and cause the 'bad' bacteria to overtake the 'good'.

'Good' bacteria are a combination of live bacteria and yeasts that naturally reside within the body. They are commonly referred to as probiotics and

there are many forms, but the two most known are:

Lactobacillus: More than 50 types of lactobacilli exist in the digestive, urinary and genital systems. It's also found in dairy products and fermented foods, such as sauerkraut, kombucha and kimchi.

Bifidobacterium: Makes up most of the 'good' bacteria in your gut. It lines the intestinal tract and is one of the first forms of bacteria our bodies encounter as infants. It helps digest high-fiber foods that help avoid constipation, which further supports the digestive system.

Complications can occur when more bad bacteria exist in the gut than good. GI tract complications like heartburn and indigestion may be the first indicator of a possible gut bacteria imbalance. Other signs include abdominal pain, bloating, constipation or diarrhea. The risk also increases for digestive diseases, including irritable bowel syndrome (IBS) and gastroesophageal reflux disease (GERD).

Research is ongoing to determine how the benefits of a healthy microbiome go beyond the digestive system. According to the National Institutes of Health (NIH), growing evidence is suggesting it has a stronger influence on obesity, type 2 diabetes, IBS and colon cancer. It may also impact the immune system and the development of conditions such as allergies, asthma and rheumatoid arthritis. Studies continue to help scientists understand the full impact of a healthy microbiome in more areas than previously known.

Enzymes are important, too

A healthy digestive system is not possible without the hard work of enzymes, which help our bodies properly break down foods and absorb nutrients. Enzymes are non-living molecules that assist in the breakdown of fats, carbohydrates and proteins so they can be easily absorbed through the gut wall and into the bloodstream.

Our bodies naturally produce enzymes, mainly in

the pancreas, stomach and small intestine; however, they do not take up permanent residency within our GI tract, so they need to be replenished with a steady supply. In addition to what our bodies naturally produce, enzymes can be sourced from fruits like pineapple, mango, banana, papaya and kiwi. Fermented foods like sauerkraut and kimchi contain enzymes and probiotics, making them excellent choices to help maintain digestive system health.

In addition to a healthy diet, changes toward regular exercise, stress management and limited alcohol intake also help maintain a healthy microbiome. Check with your doctor to see where you can find ways to improve gut health. Support your digestive system further with ALTRUM Supreme Probiotics and ALTRUM Supreme Digestive Enzymes, designed to deliver potent levels of the nutrients you need.

* 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.

Source Info:

[Role of the gut microbiota in health and chronic gastrointestinal disease: understanding a hidden metabolic organ - PMC \(nih.gov\)](#)

[Gut health: prebiotics and probiotics - Mayo Clinic Health System](#)

[Gut Bacteria \(pcrm.org\)](#)

[Probiotics: What is it, Benefits, Side Effects, Food & Types \(clevelandclinic.org\)](#)

[Building a Healthy Gut Microbiome | Mayo Clinic Connect](#)

[Bifidobacteria and Their Role as Members of the Human Gut Microbiota - PMC \(nih.gov\)](#)

[Prebiotics, probiotics and your health - Mayo Clinic](#)

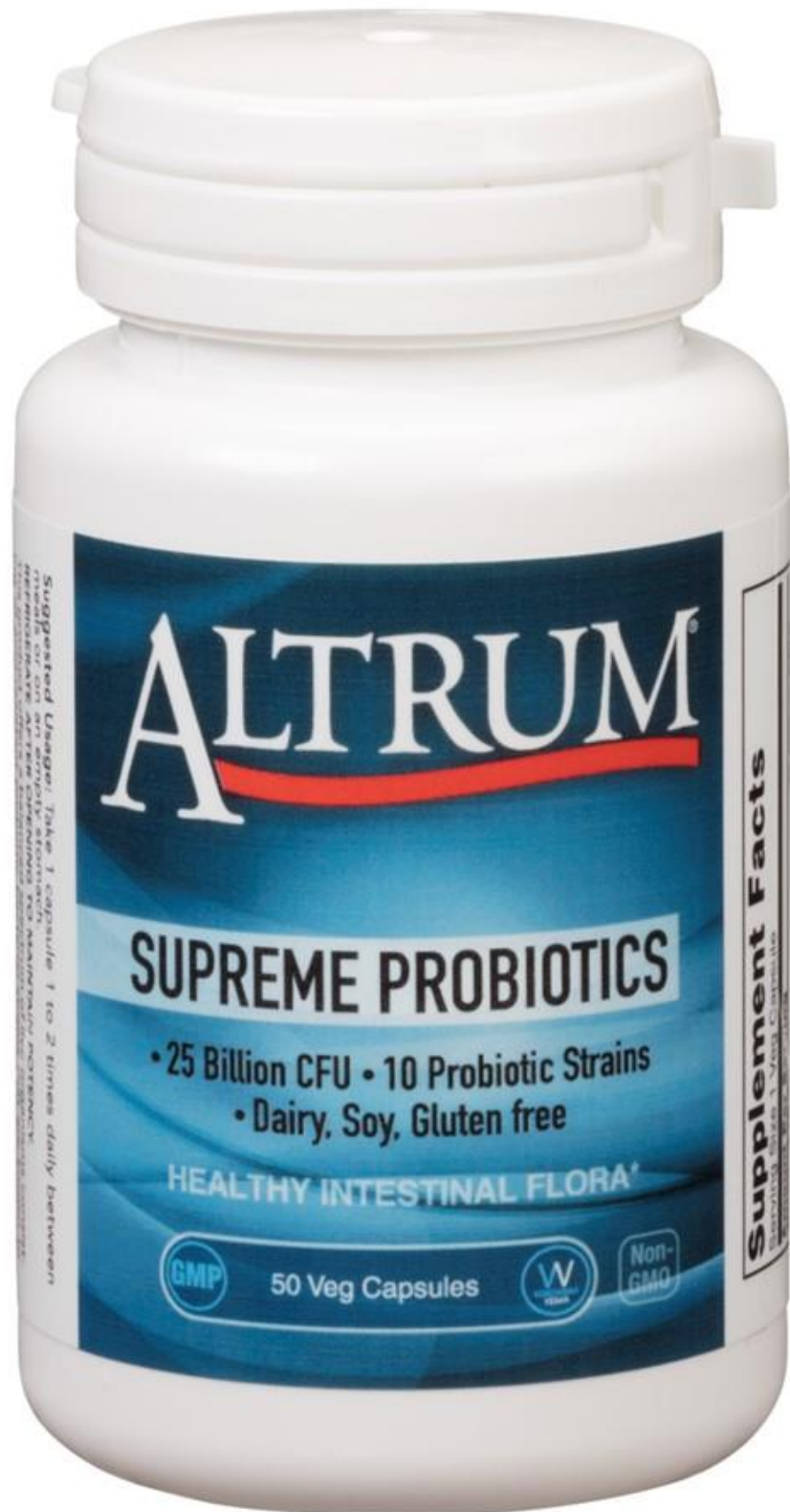
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ALTRUM Supreme Probiotics (ALPB) offers a balanced spectrum of live organisms consisting of acid-resistant probiotic bacterial strains that are known



to naturally
colonize the
human GI
tract.*

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bacteria are
critical for
healthy
digestion.*

They help
maintain the
integrity of
the
intestinal
lining,
support
proper
intestinal
motility and
participate
in the
detoxificatio
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ALTRUM
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contains
bacterial
strains that
have been
clinically
validated for

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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.

Stock#	Units	Pkg./Size	Dealer Price	P.C. Price
ALPB	EA	(1) 50-count	\$39.20	\$41.20
ALPB	CA	(12) 50-count	\$447.24	\$469.80

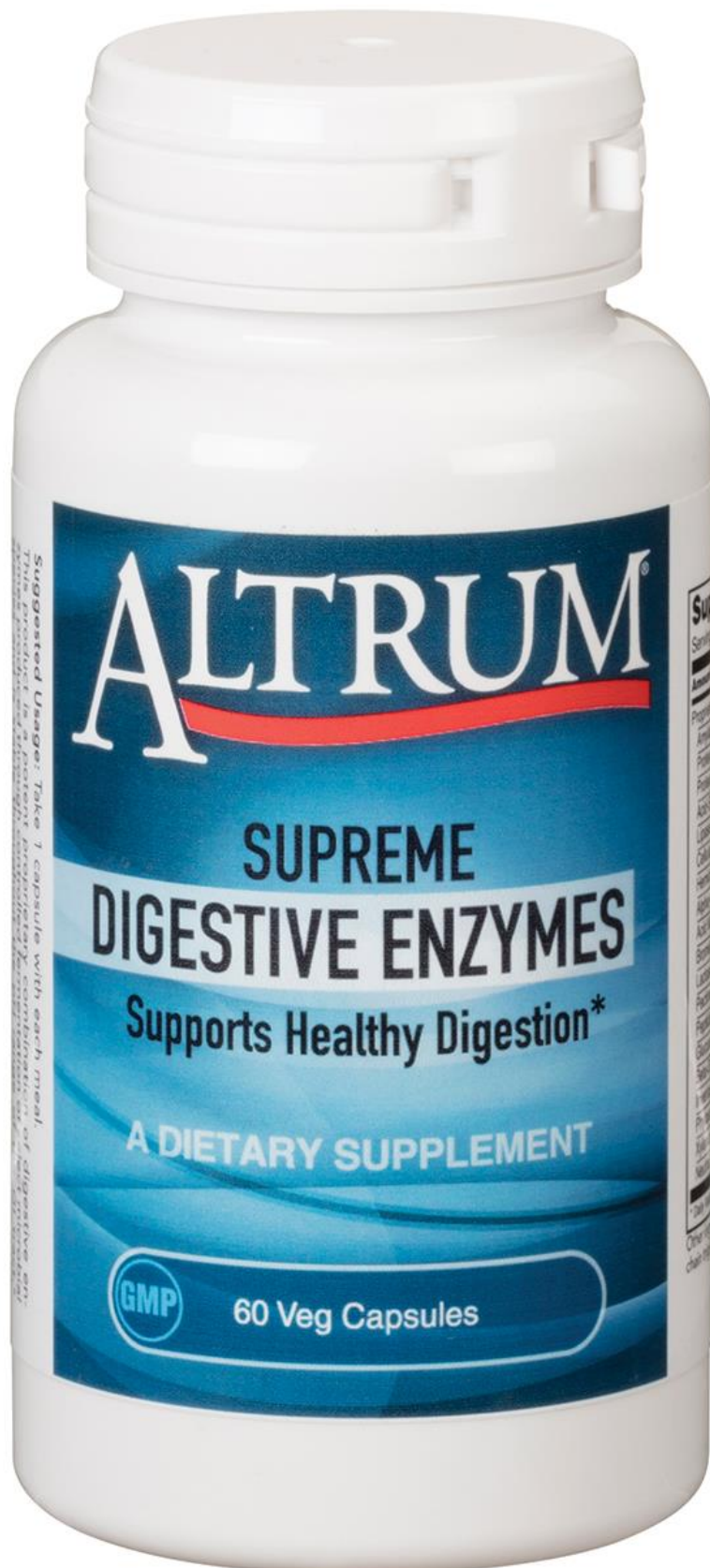
Stock #	Units	Tier 1 Profit	Tier 2 Profit	Tier 3 Profit	Tier 4 Profit	Legacy Plan CCs
ALPB	EA	\$3.91	\$6.50	\$9.08	\$11.67	37.27
ALPB	CA	\$46.96	\$77.98	\$108.99	\$140.02	447.24

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 are suitable for vegetarians.

Natural color variation may occur in this product.



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Stock#	Units	Pkg./Size	Dealer Price	P.C. Price
ALDE	EA	(1) 60-count	\$26.65	\$28.00
ALDE	CA	(12) 60-count	\$304.12	\$319.80

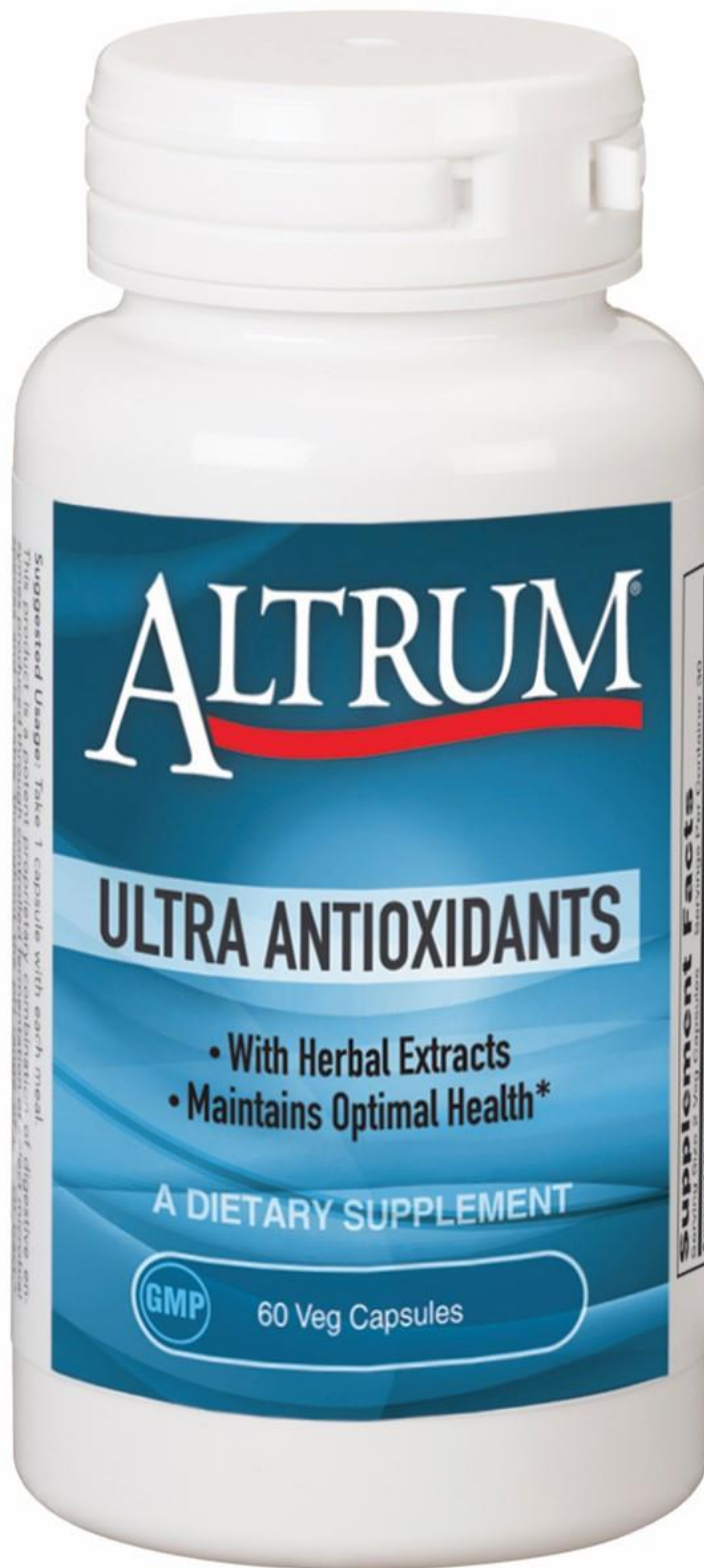
Stock #	Units	Tier 1 Profit	Tier 2 Profit	Tier 3 Profit	Tier 4 Profit	Legacy Plan CCs
ALDE	EA	\$2.66	\$4.42	\$6.18	\$7.93	25.34
ALDE	CA	\$31.93	\$53.03	\$74.12	\$95.21	304.12

ALTRUM Ultra Antioxidants

- **With Herbal Extracts**
- **Maintains Optimal Health***

ALTRUM Ultra Antioxidants (ALUA) is a comprehensive blend of potent herb and fruit extracts designed to deliver a broad spectrum of flavonoids with scientifically demonstrated free-radical scavenging activity.* These herbs and fruits have been renowned throughout the world for centuries for their ability to maintain optimal well-being.* .

Natural color variation may occur in this product.



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Stock#	Units	Pkg./Size	Dealer Price	P.C. Price
ALUA	EA	(1) 60-count	\$27.15	\$28.55
ALUA	CA	(12) 60-count	\$309.96	\$325.80

Stock #	Units	Tier 1 Profit	Tier 2 Profit	Tier 3 Profit	Tier 4 Profit	Legacy Plan CCs
ALUA	EA	\$2.71	\$4.50	\$6.29	\$8.09	25.83
ALUA	CA	\$32.54	\$54.05	\$75.54	\$97.04	309.96

* 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.

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