AIM Herbal Fiberblend®

Digestive problems comprise the number one health problem in North America. And our bodies are becoming increasingly polluted with toxins found in the environment and in the foods we eat.

Getting adequate fiber and cleansing, or detoxifying, are two often overlooked elements of maintaining not only digestive health but also whole body health.

AIM Herbal Fiberblend provides the fiber that is often lacking in our diets and it contains cleansing herbs. This unique combination provides the perfect way to maintain your digestive health, keep your digestive system clean, and experience other benefits that are indicative of whole body health.

Fiber

Fiber has long been recognized as one of the best food ingredients for maintaining bowel regularity and preventing constipation. Because it normalizes bowel movements, it can also be used to treat and manage chronic diarrhea. Consuming fiber reduces transit time and results in a more thorough evacuation of waste materials. It is thought to improve all aspects of colon function.

Fiber is found only in fruits and plants. It is an indigestible complex carbohydrate and, therefore, adds few, if any, calories to the diet. There are two main types of fiber—water-soluble and insoluble. Both types of fiber are required in the daily diet, in the recommended ratio of 3:1 insoluble fiber to water-soluble fiber.

Water-soluble fiber

Water-soluble fiber dissolves in water and is found in oat bran, legumes, psyllium, nuts, beans, pectins, and various fruits and vegetables. It forms a bulky gel in the intestine that regulates the flow of waste materials through the digestive tract.

Water-soluble fiber may lower cholesterol by preventing the reabsorption of bile acids. Bile acids are made from cholesterol, and after they aid fat digestion, fiber binds with them and escorts them out of the body. The liver then has to pull more cholesterol from the blood.

Water-soluble fiber may also stabilize blood sugar by slowing down the absorption of carbohydrates into the blood. Plus, it can lower blood sugar levels. Researchers have found that increasing fiber intake results in a decrease in the body's need for insulin. Psyllium supplementation, in particular, has been shown to improve blood sugar levels in diabetics.

Insoluble fiber

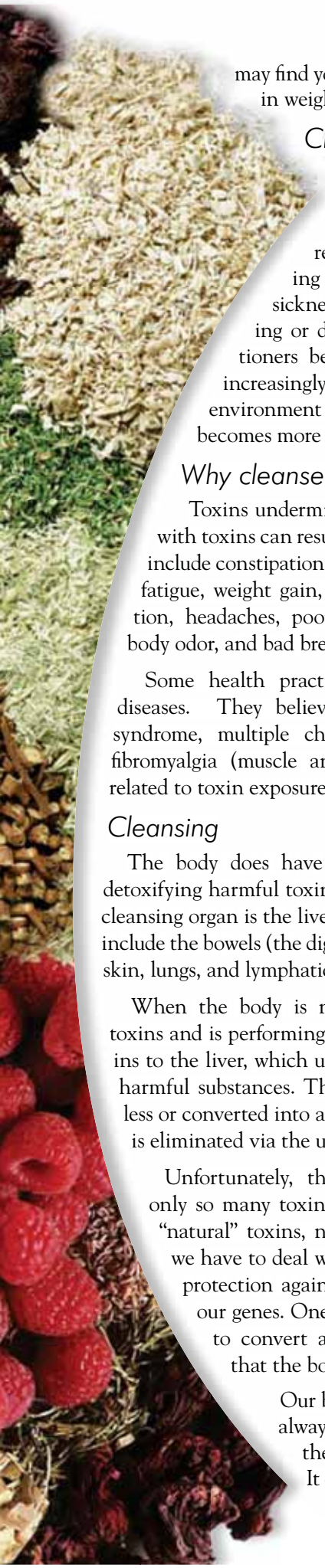
Insoluble fiber cannot be dissolved in water, meaning that our bodies cannot digest it. This type of fiber includes the undissolvable parts of plant walls and is found in greatest amounts in cereals, brans, and vegetables. The primary function of insoluble fiber is to collect water that increases stool bulk in the large intestine. This promotes bowel movement, and as the bulk works through the intestine, it scours the intestinal walls of waste matter, reducing the risk of colon-related problems.

Fiber in the diet

In 2001, the Food and Nutrition Board of the Institute of Medicine established an Adequate Intake (AI) recommendation for total daily fiber intake. For adults who are 50 years of age and younger, the AI recommendation for total fiber intake is 38 g/day for men and 25 g/day for women. For adults over 50 years of age, the recommendation is 30 g/day for men and 21 g/day for women.

Studies have found that in populations with high-fiber diets, the incidences of colon cancer, appendicitis, and diverticulosis are very low. Industrialized countries, which largely have diets high in fat and low in fiber, have high incidences of these diseases.

Because fiber is low in calories, it can be added to your diet, providing a greater feeling of satiety without significantly increasing your caloric intake. The fiber found in fruits and plants serves as a source of complex carbohydrate, which most nutritionists consider to be a healthy choice. In addition, fiber's ability to stabilize blood sugar may also curb the desire to snack. In other words, you



may find yourself eating less. This is beneficial in weight-loss programs.

Cleansing, detox, and herbs

The concept of body cleansing has been with us for centuries. Today, many health practitioners recognize the importance of keeping the body in harmony to prevent sickness; it is often referred to as cleansing or detoxification. Many health practitioners believe that as our world becomes increasingly polluted with toxins found in the environment and in the foods we eat, cleansing becomes more important.

Why cleanse?

Toxins undermine our health. A body overloaded with toxins can result in a number of symptoms. These include constipation, stomach bloat, poor digestion, gas, fatigue, weight gain, excessive mucus, poor concentration, headaches, poor skin, poor memory, depression, body odor, and bad breath.

Some health practitioners relate toxins to specific diseases. They believe that chronic fatigue syndrome, multiple chemical sensitivity, and fibromyalgia (muscle and joint pain) may be related to toxin exposure.

Cleansing

The body does have a system in place for detoxifying harmful toxins. The most important cleansing organ is the liver. Eliminative channels include the bowels (the digestive system), kidneys, skin, lungs, and lymphatic system.

When the body is not overburdened with toxins and is performing well, blood carries toxins to the liver, which uses enzymes to detoxify harmful substances. They are rendered harmless or converted into a water-soluble form that is eliminated via the urine or feces.

Unfortunately, this system can handle only so many toxins and was designed for "natural" toxins, not the man-made ones we have to deal with today. For example, protection against alcohol is built into our genes. One gene codes an enzyme to convert alcohol into substances that the body can use or excrete.

Our body does not, however, always know how to handle the new toxins in our lives. It cannot understand how to excrete them, and they may accumulate to harmful quantities or be converted to odd, unknown substances that can interfere with metabolism.

Today, there are different ways to cleanse the body. Among these are baths and hydrotherapy, diet and nutrition, herbs, chelation, and exercise. Herbal supplementation, often in conjunction with other methods, has been used for ages and is one of the most popular ways to cleanse. Herbs are said to promote cleansing by eliminating toxins from the organs and systems of the body.

AIM Herbal Fiberblend

One tablespoon (7 g or one single-serving packet) of Herbal Fiberblend contains 5 grams of fiber. Herbal Fiberblend contains both insoluble and soluble fiber. Psyllium, the main source of fiber in the product, has more than eight times the bulking power of oat bran. Psyllium is approximately 75 to 80 percent dietary fiber, 60 to 70 percent of which is soluble fiber. The herbs in Herbal Fiberblend bring you powerful detoxification effects. Herbal Fiberblend is one of the most valuable fiber and herbal products available today.

Herbal Fiberblend is a professional formulation of herbs in a convenient, easy-to-use powder or vegetarian capsule. The powder is available in unflavored or an all-natural raspberry flavor.

Supplement Facts
Serving Size 1 Tablespoon (7 g)
Servings Per Container About 52

Amount Per 1 Tablespoon (7 g)		% Daily Value*
Calories	20	
Total Fat	0 g	0%
Total Carbohydrates	5 g	2%
Dietary Fiber	5 g	20%
Soluble Fiber	2 g	
Insoluble Fiber	3 g	
Sugars	0 g	
Protein	1 g	2%
Calcium	47 mg	5%
Iron	5 mg	28%
Sodium	15 mg	1%
Potassium	90 mg	3%
Vitamin A (as beta carotene)	58 IU	1%
Proprietary Blend	7 g	
Psyllium (husk)		†
Black Walnut (hulls)		†
Hibiscus (flowers)		†
Alfalfa (leaves & stem)		†
Licorice (root)		†
Shavegrass (grass)		†
Cascara Sagrada (bark)		†
Rose Hips (fruit)		†
Oatstraw (straw)		†
Pumpkin (seed)		†
Irish Moss (moss)		†
Yucca (stalk & trunk)		†
Marshmallow (root)		†
Passionflower (leaves & stem)		†
Capsicum (fruit)		†
Mullein (leaves)		†
Slippery Elm (bark)		†
Violet (leaves)		†
Witch Hazel (leaves)		†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients

The ingredients in Herbal Fiberblend work together to help your body help itself. Following are the names of the herbal ingredients and their functions.

Alfalfa – *Medicago sativa* – Relieves constipation and reduces cholesterol

Black walnut hulls – *Juglans nigra* – Reduces intestinal parasites and improves bowel movement

Capsicum – (*fruit*) – Promotes cleansing of the circulatory and digestive systems; regulates blood pressure

Cascara sagrada – *Rhamnus purshiana* – Acts as a laxative, stimulating evacuation from the bowels; promotes peristaltic action (muscular contractions in the digestive system)

Hibiscus flower – *Hibiscus sabdariffa* – Lubricates the intestinal tract

Irish moss – *Chondrus crispus* – Helps form bulky stools

Supplement Facts
Serving Size 1 Tablespoon (7 g)
Servings Per Container About 52

Amount Per 1 Tablespoon (7 g)		% Daily Value*
Calories	17	
Total Fat	0 g	0%
Total Carbohydrates	5 g	2%
Dietary Fiber	5 g	2%
Soluble Fiber	3 g	
Insoluble Fiber	2 g	
Sugars	0 g	
Protein	1 g	2%
Calcium	42 mg	4%
Iron	4 mg	22%
Potassium	85 mg	2%
Proprietary Blend	7 g	
Psyllium (husk)		†
Black Walnut (hulls)		†
Hibiscus (flowers)		†
Alfalfa (leaves & stem)		†
Licorice (root)		†
Shavegrass (grass)		†
Rose Hips (fruit)		†
Cascara Sagrada (bark)		†
Oatstraw (straw)		†
Pumpkin (seed)		†
Irish Moss (moss)		†
Yucca (stalk & trunk)		†
Passionflower (leaves & stem)		†
Marshmallow (root)		†
Capsicum (fruit)		†
Violet (leaves)		†
Mullein (leaves)		†
Witch Hazel (leaves)		†
Slippery Elm (bark)		†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Supplement Facts
Serving Size 6 capsules 5g
Servings Per Container About 46

Amount Per 6 capsules		% Daily Value*
Dietary Fiber	3 g	11%
Soluble Fiber	2 g	
Insoluble Fiber	1 g	
Proprietary Blend		
Psyllium (husk)		†
Black Walnut (hulls)		†
Rose Hips (fruit)		†
Shavegrass (grass)		†
Licorice (root)		†
Alfalfa (leaves and stem)		†
Hibiscus (flowers)		†
Oatstraw (straw)		†
Pumpkin (seed)		†
Irish Moss (moss)		†
Cascara Sagrada (bark)		†
Yucca (stalk and trunk)		†
Passionflower (leaves and stem)		†
Althea (root)		†
Violet (leaves)		†
Mullein (leaves)		†
Witch Hazel (leaves)		†
Slippery Elm (bark)		†
Senna (leaves)		†
Capsicum (fruit)		†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Licorice root – *Glycyrrhiza glabra* – Acts as an anti-inflammatory and antispasmodic

Marshmallow root – *Althaea officinalis* – Acts as a mucilage, a sticky substance with adhesive qualities

Mullein – *Verbascum thapsus* – Soothes stomach cramps

Oatstraw – *Avena sativa* – Soothes stomach cramps

Passionflower – *Passiflora incarnata* – Calms the nervous system and soothes an irritable bowel

Psyllium – *Plantago ovata* – Helps form bulky stools and softens stools; is a natural source of fiber; removes excess cholesterol

Pumpkin seeds – *Cucurbita pepo* – Expels parasites

Rose hips – (*fruit*) – Has a calming effect to reduce stress; helps fight infection

Senna (capsules only) – *Senna alexandria* – Acts as a laxative, stimulating evacuation from the bowels; promotes peristalsis

Shavegrass – *Equisetum arvense* – Expels parasites

Slippery elm bark – *Ulmus rubra* – Acts as a mucilage, a sticky substance with adhesive qualities

Violet – *Viola odorata* – Cleanses and expels parasites

Witch hazel – *Hamamelis virginiana* – Acts as a mucilage, a sticky substance with adhesive qualities

Yucca – *Yucca schidigera/ Yucca brevifolia* – Acts as a laxative, stimulating evacuation from the bowels

How to use Herbal Fiberblend

Since most people consume less fiber per day than is recommended, you should start out with a one-teaspoon (2.3 g) serving, or 3 to 6 capsules once per day. Increase this to 1 teaspoon twice per day, and gradually work up to the full serving of 1 tablespoon twice per day, or 3 to 6 capsules twice per day.

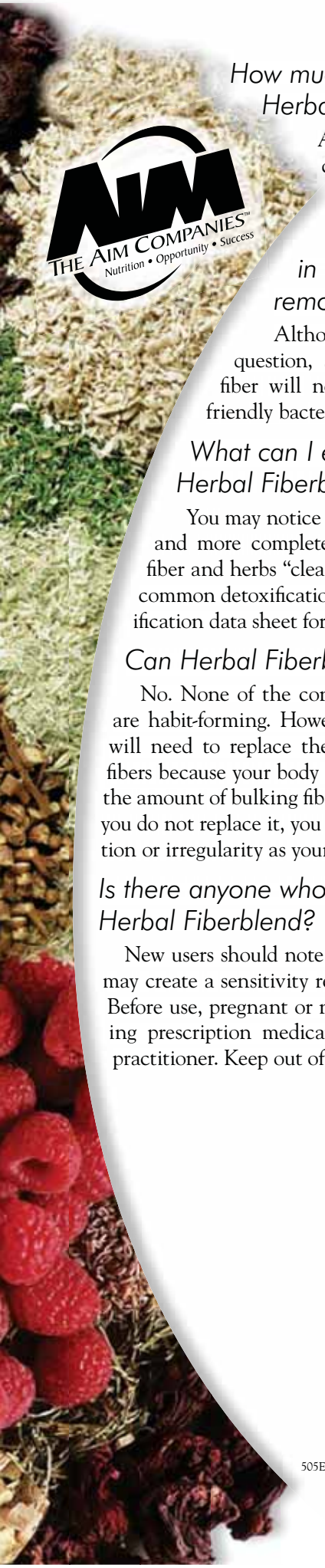
Recommended usage:

- Take 1 tablespoon of powder twice per day.
- Take 3-6 capsules twice per day.
- Take one single serving packet twice per day.
- You may wish to increase your consumption of Herbal Fiberblend to best suit your needs.
- Use daily for three months and then as desired thereafter.
- Add Herbal Fiberblend powder to 6 to 8 ounces (180 to 240 ml) of water or juice. Apple juice is a popular choice.
- Drink eight glasses of water per day while using Herbal Fiberblend. To experience the benefits of fiber, adequate water is necessary.
- Take Herbal Fiberblend one hour before or 30 minutes after taking BarleyLife, AIM Just Carrots®, or AIM RediBeets®.
- Exposure to psyllium dust may create a sensitivity resulting in an allergic reaction.
- Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C). Do not refrigerate.

Q & A

How does Herbal Fiberblend help digestive health?

Herbal Fiberblend provides you with fiber and cleansing herbs. This combination helps you maintain bowel regularity, scour the intestine walls, and rid your body of toxins. A clean, toxin-free body is the first step toward good health. Fiber has also been shown to reduce cholesterol and maintain blood sugar levels.



How much fiber is in Herbal Fiberblend?

A one-tablespoon (7 g) serving contains 5 grams of fiber.

Will the fiber in Herbal Fiberblend result in mineral deficiencies or remove "good bacteria?"

Although research continues on this question, studies indicate that psyllium fiber will not result in mineral loss, and friendly bacteria actually feed on fiber.

What can I expect when I take Herbal Fiberblend?

You may notice more regular bowel movements and more complete evacuation of waste. As the fiber and herbs "clean" your system, you may notice common detoxification symptoms. See AIM's Detoxification data sheet for more information.

Can Herbal Fiberblend be habit-forming?

No. None of the constituents of Herbal Fiberblend are habit-forming. However, if you stop taking it, you will need to replace the fiber by eating more natural fibers because your body will have grown accustomed to the amount of bulking fiber in AIM Herbal Fiberblend. If you do not replace it, you may experience some constipation or irregularity as your body adjusts.

Is there anyone who should not use Herbal Fiberblend?

New users should note that exposure to psyllium dust may create a sensitivity resulting in an allergic reaction. Before use, pregnant or nursing women and people taking prescription medications should consult a health practitioner. Keep out of reach of children.

Key Benefits

- Helps maintain whole body health
- Helps maintain digestive health
- Helps maintain regular bowel movements
- Detoxifies—removes toxins from the body
- Reduces transit time—provides more thorough evacuation of waste
- Water-soluble fiber helps maintain healthy cholesterol and blood sugar levels
- Fiber may reduce incidences of diverticulosis, colon cancer, and appendicitis

Features

- More than 22 years of safe and beneficial use by AIM Members
- Contains psyllium and 20 cleansing herbs
- Good source of fiber: 5 grams per one-tablespoon (7 g) serving
- Simple, "one-step" detoxification product
- 13-oz (375 g) canisters available in unflavored and raspberry flavor, or
- 280-count vegetarian capsules

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