

Anyone who suffers from constipation knows how miserable this condition can be. Diet is often the main culprit. We eat too much processed food and sugar, and not enough fiber, fruits, and vegetables. Poor eating habits, such as eating too quickly or irregularly, exacerbates the problem. Other causes include inactivity; depression; metabolic imbalances, such as low hormone levels; chronic illness, such as diabetes; the use of iron supplements, as well as the use of some prescription drugs. Constipation can become an uncomfortable problem, which in time, can lead to other more serious health issues.



There are two main types of constipation. Acute constipation involves short-term bloating, discomfort, and inability to evacuate the bowels and is most often caused by a lack of fiber, fluid and exercise. Chronic constipation is the inability to readily evacuate the bowels over longer periods—months or years. Ongoing constipation can lead to indigestion, hemorrhoids, flatulence, diverticulitis, bad breath, body odor, insomnia, varicose veins and more critical health problems.

For those who suffer the inconvenience of occasional constipation, there is welcome relief with AIM Cascara Sagrada™. Traditionally used as a laxative, AIM Cascara Sagrada™ can produce a mild, gentle effect and is recognized as a safe, natural alternative to the otherwise harsh, over-the-counter laxative remedies.

## Cascara sagrada—a completely natural herb with laxative effects

Cascara sagrada (botanical name, *Frangula purshiana*) is a deciduous tree native to the Pacific Northwest, and can be found in forests ranging from northern California to British Columbia. The reddish-brown bark of the tree was used by various Native American tribes, who passed on their 'sacred bark' to the Spanish explorers. Other European settlers later adopted this traditional remedy for constipation and

digestive discomfort, but it was not until 1877 that cascara sagrada became widely recognized by the international pharmacopeia.

Today, the bark is aged or cured, and then ground into a powder, before it is used in commercial preparations. The use of cascara sagrada for constipation is approved in *The Complete German Commission E Monographs*, and is recognized as a safe and effective herb by the U.S. Food and Drug Administration and Health Canada.

## Promotes fast, gentle results

Cascara sagrada has been tested in a number of clinical trials for its value in thorough, yet gentle cleansing of the colon. Clinical researchers have isolated several anthraquinone glycosides which are the compounds that stimulate laxative activity. These active substances promote blood circulation and nerve center stimulation, causing increased peristalsis, the vigorous wavelike contractions of the large intestine that keep food moving through the digestive system, and trigger a laxative effect. When the process speeds up, the body produces a softer, quicker bowel movement because the intestine has had less time to absorb liquid from the stool.

Cascara sagrada is considered one of the safest laxatives that can be used to tone the colon. It is also valued for its usefulness in detoxification and colon cleansing, and has been used in cleansing programs prior to surgery or bowel exam. Studies have shown that cascara sagrada is especially gentle and effective in easing chronic constipation in elderly people.

Combined with conventional measures to soften the stool, such as adding plenty of fiber to the diet, as well as water and exercise, the use of cascara sagrada makes sense for the relief of occasional constipation, and it can prevent the pressure and pain associated with hemorrhoids and anal fissures. In fact, by speeding up the bowel movements, hemorrhoids may be less likely to develop.

## How to use AIM Cascara Sagrada™:

Traditionally used as a laxative, take 1 capsule per day. Each 500 mg capsule contains 24 mg of the active ingredient cascarioside A. This falls within the recommended dose of 20 to 30 mg of cascarioside A daily. Be sure to drink plenty of water. You may wish to take AIM Cascara Sagrada™ at bedtime. A bowel movement should take place within six to eight hours.

May be used for up to 8-10 days. If your constipation persists, or if you experience crampy gastrointestinal discomfort with cascara sagrada, you may wish to consult your health care practitioner.

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

*Can I take AIM Cascara Sagrada™ with other AIM products?*

Yes, you can take AIM Cascara Sagrada™ 1 hour before or 30 minutes after taking AIM BarleyLife®, AIM Just Carrots® or AIM RediBeets®. It is not necessary to take AIM Cascara Sagrada with AIM Herbal Fiberblend®. Either one capsule of AIM Cascara Sagrada™ or two servings of AIM Herbal Fiberblend® supplies you with the recommended 20 to 30 mg of cascarioside A daily.

*Is there anyone who should not use AIM Cascara Sagrada™?*

Long-term use of any laxative, including cascara sagrada, can lead to a potassium deficiency. A low potassium level in the body can increase the effect of digitalis drugs and cause irregular heartbeats. For this reason, consult your health care provider if you are taking cardiac glycosides, corticosteroids, or antiarrhythmics. If you are pregnant, breastfeeding, or taking drugs inducing hypokalaemia or thiazide diuretics, consult a health care practitioner for advice about your situation. Additionally, if you have inflammatory bowel disease, ulcerative colitis, or if you have been diagnosed with an intestinal obstruction of any kind, you should consult a

health care practitioner before using a laxative or colon cleansing supplement. Consult a health care practitioner if your constipation lasts for more than one week.

## Benefits & Features

### Benefits

- Helps provide relief from occasional constipation
- Promotes a soft stool
- Laxative effect works gently and efficiently
- Helps to tone the colon and provide complete detoxification
- May be used with dietary fiber to help maintain colon health

### Features

- Historically proven safe and effective
- Completely natural herbal formulation
- Works effectively to produce laxative results within six to eight hours
- Mild enough for use with the elderly
- Traditionally used as a laxative
- 500 mg cascara sagrada (*Frangula purshiana*) including 24 mg of cascarioside A per capsule
- 60-count vegetarian capsules

AIM Cascara Sagrada™ is a Digestive Health product. The complete Digestive Health line consists of AIM Herbal Fiberblend®, AIM PrepZymes®, and AIM FloraFood®. Use these products to help maintain your digestive health.

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