



# Herbal FiberBlend®

**Provide gentle relief of constipation and/or irregularity. Helps to lower LDL cholesterol levels when used in conjunction with dietary modifications.**

Detoxification: The concept of body cleansing has been with us for centuries. Today, many health professionals recognize this concept in the prevention of diseases. In fact, many believe that as our world becomes increasingly polluted with toxins found in the environment and the foods we eat, cleansing becomes more important.

A body overloaded with toxins can result in a number of symptoms including constipation, bloating, poor digestion, gas, fatigue, weight gain, excessive mucous, poor concentration, headaches, poor skin, poor memory, depression, body odour, and bad breath. In addition, some health professionals relate toxins to specific diseases. They believe chronic fatigue syndrome, multiple chemical sensitivity, and fibromyalgia (among many others) may be related to toxin exposure and build-up.

While the liver remains one of the most important cleansing organs, others include the bowels (digestive system), kidneys, skin, lungs, and the lymphatic system. Although these were built to handle a certain amount of “natural” toxins (and can do this quite effectively), we have been exposed to thousands of new toxins since the Industrial Revolution that we have not had a chance to adapt to genetically. These can ultimately result in cancers and birth defects, which are becoming increasingly common.

Herbal supplementation, to eliminate toxins from the systems of the body, often in conjunction with other methods, has been used for ages, and is one of the most popular ways to cleanse.

AIM Herbal FiberBlend® is a professional formulation of fibre and herbs in an easy-to-use all natural raspberry flavoured powder or in vegetarian capsules. One tablespoon

## Key Benefits & Features

- Provides 3 grams of fibre in six capsules and 4.5 grams of fibre in one tablespoon (7g).
- Helps maintain whole-body health by supplying powerful detoxifying herbs that effectively remove toxins from the body and bowels.
- Helps maintain digestive health and regular bowel movements.
- Reduces transit time - provides a more thorough evacuation of waste.
- Water-soluble fibre helps maintain healthy cholesterol and blood sugar levels.
- Fibre may reduce incidences of diverticulosis, colon cancer, and appendicitis.
- 375 grams of all natural raspberry flavoured powder or 280 vegetarian capsules per jar.
- 26 servings of powder per jar (2 Tbsp. daily).
- 28 servings of 10 capsules daily per jar.

*Other products to help maintain your digestive health are AIM BarleyLife®, AIM FibreBalance®, AIM PrepZymes®, AIM FloraFood® and AIM Cascara Sagrada™.*

contains 4.5 g of both water-soluble and insoluble fibre, while the herbs provide powerful detoxifying effects.

Fibre has long been recognized as the best ingredient for maintaining bowel regularity and preventing constipation. Water-soluble fibre forms a gel in the intestine and has health benefits that include cholesterol reduction and blood sugar stabilization. Water-insoluble fibre cannot be dissolved in water and, therefore, passes through our bodies undigested. It is the component responsible for scouring the intestine walls of waste matter, which helps reduce the risk of colon-related problems.

Bowel transit time is the time it takes for food to move through and be eliminated from our digestive tract. It is an indication of how well our digestive tract is performing and is greatly influenced by fibre intake. Although the recommended daily intake of fibre is 25-40 g/day, the average Canadian consumes 4.5-11 g/day. Research has demonstrated that those with high fibre diets have lower incidences of colon cancer, appendicitis, and diverticulosis.

Also, because fibre is undigested, it is very low in calories and provides a greater feeling of satiety without increasing caloric intake. Furthermore, the stabilization in blood sugar may curb the desire to snack, a welcome benefit in any weight loss program.

Simply put, AIM Herbal FiberBlend® is one of the most valuable fibre and herbal products available today.



## **Medicinal Ingredients** (one tablespoon 7 g)

### **Psyllium seed husk 4,147mg**

As a natural source of fibre, psyllium helps soften and add bulk to stools, lowers cholesterol levels, and stabilizes blood sugar. Antibacterial. Laxative. Peristaltic.

### **Black walnut hulls 721mg**

Helps reduce intestinal parasites and improves bowel movements. Laxative.

### **Hibiscus flowers 379mg**

Lubricates the intestinal tract.

### **Alfalfa leaves 324mg**

Helps relieve constipation and lowers cholesterol levels. Antibacterial. Anti-inflammatory.

### **Shavegrass (Spring horsetail) herb 324mg**

Cleanses and purifies the system. Diuretic.

### **Rose hip fruit 220mg**

Beneficial for infections, bladder problems, and diarrhea. Antioxidant. Vermifuge (causes the expulsion of intestinal worms).

### **Oat straw 199mg**

Soothes stomach cramps.

### **Pumpkin seed 126mg**

Vermifuge. Antioxidant. Diuretic. Anti-inflammatory.

### **Irish moss herb 108mg**

Helps increase the bulk of stools. Anti-inflammatory. Laxative.

### **Yucca root 90mg**

Acts as a laxative by stimulating bowel movements.

### **Passion flower leaves 77mg**

Calms the nervous system and an irritable bowel. Antispasmodic. Anti-inflammatory.

### **Marshmallow root 72mg**

Protects the mucous lining of the digestive tract. Antibacterial. Anti-inflammatory. Vermifuge. Laxative.

### **Violet leaves 36mg**

Helps expel parasites.

### **Witch Hazel leaves 36mg**

Protects the mucous lining of the digestive tract. Antioxidant. Anti-inflammatory.

### **Slippery elm bark 36mg**

Protects the mucous lining of the digestive tract. Antioxidant. Vermifuge. Laxative.

### **Mullein leaves 36mg**

Soothes stomach cramps. Diuretic. Anti-inflammatory.

### **Cayenne pepper fruit 36mg**

Acts as an anti-inflammatory, aids digestion, improves metabolism, and increases circulation.

**Recommended use:** AIM Herbal FiberBlend® helps maintain regular bowel movements by reducing transit time, which may ultimately reduce incidences of colon cancer and other diseases. Furthermore, fibre (particularly water-soluble fibre) intake may help lower cholesterol and stabilize blood sugar. Also, soothing herbs protect the intestinal wall by supporting the mucous lining, and helps to stimulate the elimination of toxins from the body in a gentle, yet effective manner.

**Recommended dose:** Adults: start with 2.3 g or 1 teaspoon 2 times per day. Increase amount gradually over 2 weeks to 1 tablespoon (7g) twice per day. Mix servings in 180-240 ml of water or your favourite juice. Drink immediately. For best results, drink 20 minutes before a meal. AIM Herbal FiberBlend® is also available in capsules. Take 6-10 capsules daily.

**Risk information:** Consult a qualified health care practitioner if you are pregnant, breastfeeding or taking any medications. Exposure of psyllium may cause an allergic reaction.

*AIM Cascara Sagrada™ may be taken with AIM Herbal FiberBlend® to assist in bowel movements and cleansing. To utilize the laxative effect of AIM Cascara Sagrada™, you may open one capsule and sprinkle it over your daily intake of AIM Herbal FiberBlend® or orally take one capsule daily. If you take AIM Herbal FiberBlend® capsules, add one capsule of AIM Cascara Sagrada™ daily, may be used for up to 7 days.*

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Distributed by:

