



AIM Herbal Fiberblend®



Herbal Fiberblend is a digestive health, dietary supplement. A unique combination of psyllium fiber and herbs provides a cleansing effect on the body.

How is Herbal Fiberblend Unique? —

- Fast acting formulation
- Delivers detoxifying and cleansing herbs
- Can help increase bowel regularity
- Cyclotides aid in the expulsion of parasites

Approach —

Fiber has long been recognized as one of the best food macronutrients for maintaining bowel regularity and preventing constipation. Consuming fiber reduces transit time and results in a more thorough evacuation of waste. It is thought to improve all aspects of colon function.

In 2002, 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. Knowing the amount you need is a good place to start, but a study from the University of Southern California found that more than 90 percent of Americans do not get the recommended fiber amount. Additionally, the 2010 Dietary Guideline for Americans listed fiber as a nutrient of concern.

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 material through the digestive tract.

Water-soluble fiber prevents the reabsorption of bile acids, which are made from cholesterol. After bile acids aid with fat digestion, they bind to fiber and are eliminated from the body. The liver then has to extract more cholesterol from the blood.

Water-soluble fiber also slows the absorption of carbohydrates into the blood. Researchers have found that increasing fiber intake results in decreasing the body's need for insulin.

Key Benefits and Features

- Helps maintain digestive health
- Helps promote regular bowel movements
- Detoxifies—removes toxins from the body
- Reduces transit time—provides a more thorough evacuation of waste
- Water-soluble fiber helps maintain healthy cholesterol and blood sugar levels
- Contains psyllium and cleansing herbs
- Provides 5 grams of fiber per 7 g serving
- Simple, one-step detoxification product

Insoluble Fiber —

Insoluble fiber does not dissolve in water, meaning the body cannot digest it. This type of fiber includes the indigestible parts of plant walls, and vegetables contain the greatest amount. The primary function of insoluble fiber is to absorb water, increasing stool bulk in the large intestine. This promotes bowel movements, and as the bulk moves through the intestine, it scours the intestinal walls of waste matter.

Cleansing, Detoxifying and Herbs —

The concept of body cleansing has been with us for centuries. Health practitioners recognize the importance of keeping the body in balance: homeostasis. Internal cleansing and detoxifying contribute to this harmony. Many health practitioners believe that as our world becomes increasingly polluted with toxins found in the environment and in the food we eat, detoxifying becomes even more important. A body overloaded with toxins can experience a number of symptoms, including constipation, abdomi-



nal bloating, poor digestion, gas, fatigue, weight gain, excessive mucus, poor concentration, headaches, poor skin, poor memory, body odor and bad breath.

To learn more about cleansing, read AIM's Detox & Rejuvenate Program booklet, available by logging in to www.theaimcompanies.com. Under Member Tools, select Printable materials to access booklet in AIM Literature.

AIM Herbal Fiberblend

One tablespoon (7 g) of Herbal Fiberblend contains 5 grams of fiber, providing both insoluble and soluble fiber. The potent herbs in this natural health product support a thorough detoxification, making Herbal Fiberblend one of the most effective intestinal cleanse products available.

Herbal Fiberblend offers a professional formulation of fiber and herbs in convenient, easy-to-use powders—all-natural raspberry flavor or unflavored—or vegan capsules.

Ingredients

Herbal Fiberblend's ingredients work together to enable your body to help itself. The herbs and some of their functions are:

Alfalfa, Black walnut hulls, Capsicum, Cascara sagrada, Hibiscus flower, Irish moss, Licorice root, Marshmallow root, Mullein, Oatstraw, Passionflower, Psyllium, Pumpkin seeds,

Rose hips - (fruit) - *Rosa canina* - Has a calming effect to reduce stress by replenishing vitamin C levels that often get depleted in stressful times

Senna (capsules only), Shavegrass, Slippery elm bark,

Violet, *Viola odorata* - Helps expel parasites due to the presence of cyclotide proteins with antimicrobial and anti-insect properties.

Witch hazel, Yucca.

FAQs

What can I expect when I take Herbal Fiberblend?

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

Can Herbal Fiberblend be habit-forming?

No. If used as directed, Herbal Fiberblend is not habit-forming. However, if you stop taking it, you will need to replace the fiber by consuming more plant fiber 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.

How to use Herbal Fiberblend

Since most people consume less than the daily recommended fiber intake, new users should begin taking a lesser amount where noted.

Usage:

- Take 1 tablespoon of powder per day. New users should take 1 teaspoon twice per day for the first 2 weeks.
- Take 3 capsules twice per day for the first 2 weeks, then 6 capsules twice per day thereafter.
- Use daily for three months and then as desired thereafter.
- Add Herbal Fiberblend powder to 8 ounces (240 ml) of water or juice. Apple juice is a popular choice.
- Maintain adequate daily hydration.
- Take Herbal Fiberblend one hour before or 30 minutes after taking BarleyLife, AIM Just Carrots® or AIM RediBeets®.
- Exposure to psyllium dust and black walnut hulls 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.

Is there anyone who should not use Herbal Fiberblend?

New users should note that exposure to psyllium and black walnut hulls may create a sensitivity resulting in an allergic reaction. Before use, pregnant or nursing women, people taking prescription medications, people who have kidney disease, or high blood pressure should consult a health practitioner. Keep out of reach of children.

Where does the natural raspberry flavor come from?

Herbal Fiberblend's natural raspberry flavor comes from a raspberry concentrate.

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