

Eating is a most important part of living, and healthy digestion is just as important.

AIM Herbal Fiberblend® provides the fibre that is often lacking in our diets.

To maintain digestive health and achieve whole body health, an adequate fibre intake helps cleanse and detoxify.



Benefits of AIM Herbal Fiberblend®

- Helps maintain healthy digestive function
- Assists in the maintenance of general well being
- Aids in the prevention of constipation
- Promotes elimination and rids the body of waste
- Has a cleansing effect on the bowel

Fibre

Nutrition Australia recommends consuming 30-35 grams of fibre per day on average.

The daily intake of fibre by the average Australian adult is about 20-25 grams.

A variety of epidemiological (disease and population) studies have found that populations with high-fibre diets are generally healthier than populations of industrialised countries, with diets high in fat and low in fibre.

Fibre is one of the best food sources to maintain regular and normal bowel movements.

As part of your daily diet, fibre reduces transit time and promotes thorough evacuation of waste materials.

Fibre is also a preferred food source for beneficial intestinal bacteria, which helps maintain healthy digestion.

Found only in plant foods such as fruits and vegetables, fibre is an indigestible complex carbohydrate and adds few, if any, calories to the diet.

There are two main types of fibre – water-soluble and insoluble.

Water-soluble fibre

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

Insoluble fibre

Insoluble fibre can't be dissolved in water. This type of fibre includes the undissolvable parts of plant walls and is found in greatest amounts in cereals, brans and vegetables. The primary function of insoluble fibre is to collect water, which increases stool bulk in the large intestine. This promotes bowel movement, and as the bulk works its way through the intestine, it scours the intestinal walls of waste matter, keeping them clean and healthy.

AIM Herbal Fiberblend®

AIM Herbal Fiberblend® contains both soluble and insoluble fibre for a complete source of valuable fibre.

Professionally researched and formulated, AIM Herbal Fiberblend® is a convenient, easy-to-use fibre supplement available unflavoured or with a raspberry flavour.

The main source of fibre in AIM Herbal Fiberblend® is psyllium, which has more than eight times the bulking power of oat bran. Psyllium is about 75 to 80 percent dietary fibre; 60 to 70 percent of which is soluble fibre.

Ingredients

The active ingredients in AIM Herbal Fiberblend® work to help your body help itself. These are:

Psyllium Husk Powder
Juglans nigra (Black Walnut) seed husk
Hibiscus sabdariffa (Hibiscus) flower
Equisetum arvense (Horsetail) herb
Liquorice powder
Cascara powder
Rosa canina (Rosehips) fruit flesh
Avena sativa (Oat) stem
Cucurbita maxima (Pumpkin) seed
Chondrus crispus (Irish Moss) whole plant
Passiflora incarnata (Passionflower) leaf
Yucca baccata (Yucca) root
Althaea officinalis (Marshmallow) root
Viola odorata (Violet) leaf
Hamamelis virginiana (Witch Hazel) leaf
Slippery Elm Bark powder
Verbascum thapsus (Mullein) leaf
Capsicum powder

Suggested use

Adults

Start with 2.5g (1 level 5ml spoonful) twice a day. Increase gradually over two weeks according to daily usage recommended below:

Up to 68kg - 3 x 5ml spoonfuls
68 to 90 kg - 5 x 5ml spoonfuls
90kg and over - 6 x 5ml spoonfuls

Not recommended for children under 12 years.

Directions

Mix AIM Herbal Fiberblend® in 180-240 ml of water or your favourite juice. Drink immediately. For best results drink 20 minutes before a meal; or 1 hour before or 30 minutes after taking AIM BarleyLife™, AIM Just Carrots™ or AIM RediBeets®.

Drink 8 glasses of water each day as part of the fibre intake program. Regulate daily use according to your metabolism. If you have more than three eliminations per day, reduce your serving size.

If digestive symptoms persist, seek advice from your healthcare practitioner. Prolonged use of laxatives is undesirable and may cause serious bowel problems.

Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. Pregnant and nursing women should seek the advice of their healthcare practitioner before taking this product. Use only as directed.

Storage

Close tightly after opening and store in a cool, dry, dark place (below 30° C). Do not refrigerate.

Questions and Answers

How does AIM Herbal Fiberblend® help whole body health?

AIM Herbal Fiberblend® provides you with fibre. This helps you maintain bowel regularity, excrete toxins and scour the intestinal walls. A regular, clean body is a key step to maintaining overall health.

What can I expect when I take AIM Herbal Fiberblend®?

You may notice more regular bowel movements and more complete evacuation of waste. As the fibre 'cleans' your system, you may notice common detoxification symptoms, such as rashes or feeling tired.

Can AIM Herbal Fiberblend® be habit-forming?

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

If you have any questions about AIM Herbal Fiberblend® or would like suggested reading material, please email AIM Australia at aimaustralia@aimintl.com

Distributed exclusively by:

Marion Gray

Ph: 08 8988 9113

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