

Leaves are among the most abundant sources of vital nutrients on the planet. AIM LeafGreens® is a combination of four leaf juice powders (spinach, field pea, faba bean, and barley) and broccoli sprout powder. LeafGreens is the only product on the market to utilize this unique blend of leaves and sprouts that work synergistically for optimal health benefits.



Field pea leaf

Pisum sativum leaf contains the flavonoid kaempferol. Kaempferol inhibits the oxidation of LDL (bad) cholesterol and the formation of platelet clusters in the blood, providing benefits for those with arteriosclerosis. Kaempferol also plays a role in regulating our blood's water-sodium/glucose balance and kidney cell function, which can be problematic in diabetics. A study in 2002 found that flavonoids such as kaempferol can suppress oxidative stress, which may help prevent neurodegenerative diseases such as Alzheimer's and Parkinson's.



Spinach leaf

Spinacia oleracea is rich in nutrients, including many essential vitamins, minerals, and potent antioxidants. Research shows that lutein, a nutrient particularly abundant in LeafGreens, may prevent age-related macular degeneration and cataracts. Among its many documented health benefits, the spinach leaf may also aid in curbing anemia, constipation, insomnia, obesity, high blood pressure, bronchitis, and indigestion.



Barley leaf

Hordeum vulgare is the most nutritious of the green grasses. Barley leaf contributes to the high vitamin K and chlorophyll in LeafGreens. Vitamin K is essential to the body's utilization of calcium for healthy bone density and to the healthy formation of blood clots to heal wounds. New research indicates that vitamin K may also help prevent the calcification of arteries and regulate blood sugar. Chlorophyll protects the body from radiation, carcinogens, and DNA damage and helps the body heal wounds, improve regularity, and control odor.



Faba bean leaf

Viscia faba leaf has an abundance of flavonoids. Quercetin, found naturally in faba bean, field pea, and spinach leaves, belongs to a group of plant pigments, flavonoids, that are partly responsible for the color of many fruits and vegetables. The synthetic quercetin dihydrate found in most supplements is not soluble in water and thus provides no meaningful benefits. The natural quercetin found in LeafGreens is bioavailable and absorbable.



Recent studies have found quercetin to inhibit the production and release of histamine and other allergic and inflammatory substances. Histamine contributes to allergy symptoms such as runny nose, watery eyes, and the swelling of soft tissue. Quercetin can inhibit the inflammation in joints, provide arthritis relief, inhibit the aggregation of platelets (abnormal clotting), and help improve circulation.

Broccoli sprout

Brassica oleracea sprouts contain the highest concentration of sulforaphane of the cruciferous vegetables. Sulforaphane is a phytonutrient that may lower inflammatory response and improve cardiovascular health. A study published in 2009 found that oral consumption of sulforaphane reduced inflammation in human airways by increasing naturally occurring enzymes in the body. An animal study in 2004 found that broccoli sprouts decreased stress in both cardiovascular and kidney tissues. One serving of LeafGreens powder or capsules provides the recommended 200 to 400 µg of sulforaphane daily.



The process

AIM uses an exclusive ultra-cold filtration technique. The juice is chilled to below 44 degrees Fahrenheit and concentrated through a series of filters. This mechanical process uses no chemicals or additives; the only addition is pressure. Through this concentration process, it takes 44 pounds of leaves to make one pound of LeafGreens. More leaves equals more nutrition.

How to use

Mix 1 teaspoon (3 g) with 6 to 10 ounces (180 to 300 ml) of cold water or your favorite beverage, or take 4 capsules. Take once daily on an empty stomach. New users begin with 1/2 teaspoon or 2 capsules.

Q&A

Can I take LeafGreens and AIM BarleyLife® at the same time?

Yes, the two products are complementary. If you wish, take one teaspoon of LeafGreens and two servings of BarleyLife at different times of the day.

Are there people who should be concerned about the high levels of vitamin K in LeafGreens?

According to the Merck Index, there is no toxicity for natural vitamin K1 (from plants). Each 3-gram serving of LeafGreens contains 123 µg of vitamin K. AIM suggests beginning with 2 capsules or 1/2 teaspoon, providing 77 to 92 percent of the Reference Daily Intake for vitamin K. Your intake should be constant if on medication so your physician can then determine the proper dosage.

Do I need to take LeafGreens if I regularly eat vegetables?

Yes, it would be beneficial. One serving of LeafGreens contains as much iron as 5 servings of spinach, as much vitamin K as 8 servings of peas, and many other necessary nutrients that no one vegetable can provide.

I started taking LeafGreens and I feel worse. Why?

When you make a positive change in your diet, your body often goes through a cleansing known as detoxification. This can manifest itself in fatigue, rashes, and headaches. For more information, see AIM's Detoxification datasheet.

Is there anyone who should not take LeafGreens?

LeafGreens is a whole food concentrate. Most people should be able to take it. Those with severe medical problems or on a restricted diet (especially in regard to green foods) should consult a health practitioner. Women who are pregnant or nursing are advised to consult a health practitioner.

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Key Benefits

- The flavonoid kaempferol improves kidney function and inhibits the oxidation of cholesterol low density lipoprotein (LDL)
- The flavonoid quercetin inhibits the production and release of histamine
- Quercetin can reduce joint inflammation
- Vitamin K is crucial to healthy bone density, may help to prevent the hardening of arteries, and may regulate blood sugar
- Lutein may prevent macular degeneration and protect the skin and eyes from free-radical damage
- Sulforaphane can improve cardiovascular and kidney health

Key Features

- Rich levels of antioxidants
- Ideal for low-carbohydrate and low-sugar or diabetic diets
- High levels of natural chlorophyll
- Appropriate for vegetarian and strict vegan diets
- Smooth and mild citrus taste
- Potent enough to be taken once a day
- Contains the recommended 200 to 400 µg of sulforaphane daily

Nutrition Facts

Serving Size 1 teaspoon (3 g)
Servings Per Container 60

Calories 10		Amount per serving		% DV*
Total Fat		0 g		0%
Saturated Fat		0 g		0%
Cholesterol		0 mg		0%
Sodium		16 mg		1%
Potassium		94 mg		2%
Total Carbohydrates		1 g		1%
Dietary Fiber		0 g		0%
Sugar		0 g		
Protein		1 g		
Vitamin A	28%	•	Vitamin C	0%
Calcium	2%	•	Iron	22%
Vitamin E	2%	•	Vitamin K	184%
Riboflavin	4%	•	Vitamin B ₁₂	2%
Magnesium	4%	•	Chromium	8%

*Percent Daily Values are based on a 2,000 calorie diet