



# How to Use the AIM Products

This four-page chart on how to use the AIM products includes servings, mixing instructions, contraindications, and other information.

- NOTE:**
- The following chart is a broad interpretation; nutritionists may have varying opinions as to serving size, frequency, and methods of using products.
  - When you take an AIM product or when you mix it with water, we recommend that you use distilled water, reverse-osmosis water, or filtered water.
  - After opening an AIM product, the shelf life varies according to climate and conditions. Be sure to tightly close all products after opening and store in a dry, dark place. Avoid prolonged contact with heat and direct sunlight.

Product	Servings/Optimal Benefits	Mixing/With Other Products	Contraindications	Other Information
<p>•<b>AIMega™</b>, an organic seed oil blend that delivers an important source of healthful and essential omega-3 and -6 fatty acids, plus omega-9. EFAs are necessary for cell growth, activity, and repair.</p>	<p>•2 to 3 capsules twice daily. •Best taken with meals.</p>	<p>•Safe to use with all other AIM products.</p>	<p>•Consult a health practitioner if pregnant, nursing, have blood-clotting or gallbladder disease, or taking blood thinners.</p>	<p>•Gelatin caps.</p>
<p>•<b>AIM BarleyLife®</b>, an all-natural, green barley powder concentrate helps provide the daily nutrition you need to develop a strong foundation for good health and is abundant in enzymes, essential amino acids, and rich in antioxidant ability, anti-inflammatory activity, and immune system support.</p>	<p>•<b>Adults:</b> 2 tsp. (5 g), 1 energyXpress pax, or 6 capsules 2-3 times a day, begin with less and increase. •<b>Children:</b> 1/4 tsp. a day and gradually increase. •Take on an empty stomach.</p>	<p>•Do not mix with cranberry or prune juice, carbonated drink, or hot water. •Mix with water, juice, or the AIM Garden Trio®. •Take AIM Herbal Fiberblend® 1 hour before or 30 minutes after.</p>	<p>•If you have advanced kidney disease, consult a health practitioner.</p>	<p>•Drink immediately after mixing. •If taken late, might cause sleeplessness. •Adjust intake according to your needs.</p>
<p>•<b>AIM BarleyLife® Xtra</b>, all the benefits of the traditional flavor with 13 additional fruit and vegetable powders for one-third of your RDI of vitamin C per serving!</p>	<p>•<b>Adults:</b> 2 tsp. (6g), 1 energyXpress pax 2-3 times a day, begin with less and increase. •<b>Children:</b> 1/4 tsp. a day and gradually increase. •Take on an empty stomach.</p>	<p>•Do not mix with cranberry or prune juice, carbonated drink, or hot water. •Mix with water, juice, or the AIM Garden Trio®. •Take Herbal Fiberblend® 1 hour before or 30 minutes after.</p>	<p>•If you have advanced kidney disease, consult a health practitioner.</p>	<p>•Drink immediately after mixing. •If taken late, might cause sleeplessness. •Adjust intake according to your needs.</p>
<p>•<b>AIM Bear Paw Garlic®</b>, a unique wild garlic made from the leaf, helps lower cholesterol and maintain healthy blood pressure levels.</p>	<p>•3 capsules a day.</p>	<p>•Safe to use with all other AIM products.</p>	<p>•If you have a blood clotting disorder or low blood pressure, consult a health practitioner.</p>	<p>•Can take at any time. •Veggie caps.</p>
<p>•<b>CalciAIM™</b>, a natural citrus drink mix that provides several nutrients crucial to proper skeletal function and overall wellness. It contains three types of calcium plus a number of other nutrients that work synergistically to provide your body with the calcium and many vitamins it needs.</p>	<p>Mix 1 rounded scoop with 8-10 oz of cold water. Best taken with food. Ages 4-8, 1 serving per day. Ages 9-50, 2 servings per day. Age 51+, 3 servings per day.</p>	<p>•Safe to use with other AIM products.</p>	<p>•Not recommended for use for those under the age of 4. Consult a health care practitioner prior to use. Women who are pregnant or nursing are advised to consult a health care practitioner. •Do not use if pregnant or breast feeding or taking drugs.</p>	<p>Drink mix provides 386 mg of calcium per serving, which is 38 percent of the recommended daily intake.</p>

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<p>•<b>AIM Cascara Sagrada™</b>, traditionally used as a laxative. (<i>Available in Canada only.</i>)</p>	<p>•<b>Adult:</b> take 1 capsule daily. May be used 8-10 days.</p>	<p>•Can be used with AIM FibreBalance™ or the CDN AIM Herbal Fiberblend®. Take 1 hour before or 30 minutes after taking AIM BarleyLife®, AIM Just Carrots® or AIM RediBeets®.</p>	<p>•Consult a health care practitioner prior to use if you are taking cardiac glycosides, corticosteroids, antiarrhythmics.</p>	<p>•Do not use if pregnant or breast feeding or taking drugs. •Veggie caps.</p>
<p>•<b>AIM CellSparc 360®</b>, combines CoQ10 with tocotrienols and fish oil to provide total cardiovascular support. Provides potent antioxidant capabilities, and the tocotrienols and fish oil help maintain healthy cholesterol and triglyceride levels.</p>	<p>•1 capsule a day or more as needed. •Best taken with meals containing healthy fats.</p>	<p>•Safe to use with all other AIM products.</p>	<p>•If you are diabetic, pregnant, or nursing, consult a health practitioner.</p>	<p>•Some people notice effects immediately, others in 6-8 weeks. •Gelatin caps.</p>
<p>•<b>AIM Cell Wellness Restorer™</b>, a unique product you can add to your bath or apply directly to your skin to both relax and rejuvenate.</p>	<p>•Shake thoroughly. •Mix 60 ml in your bath. •May also use in a foot bath.</p>	<p>•Safe to use with all other AIM products.</p>	<p>•If you have open cuts or abrasions do not use.</p>	<p>•Topical use only. •Do not add to hot tub, Jacuzzi, or jetted tub.</p>
<p>•<b>AIM Composure®</b>, a combination of relaxing herbs, helps to maintain your neuro health, especially in regard to dealing efficiently with stress. (<i>Canadian – different formula</i>)</p>	<p>•2 capsules a day.  •<i>Begin with 2 caps increase dose gradually to 6 caps if needed.</i></p>	<p>•You may add to AIM Herbal Fiberblend®.</p>		<p>•For increased sedative effect take with warm beverage before bed. •Veggie caps.</p>
<p>•<b>AIM CranVerry®</b>, a sugar-free cranberry juice concentrate, helps maintain a healthy urinary tract.</p>	<p>•2-3 capsules a day. •Best if taken on an empty stomach.</p>	<p>•Do not take with AIM BarleyLife® within 1 hour.</p>		<p>•Veggie caps.</p>
<p>•<b>AIM FibreBalance™</b>, a combination of fibres – oat, inulin, and flax (soluble and insoluble), with cleansing herbs to prevent constipation and protect intestinal walls. High fibre may prevent many digestive tract disorders and help control elevated cholesterol (in powder form). (<i>Available in Canada only.</i>)</p>	<p>•<b>Adults:</b> Start with 1 scoop per day and increase amount gradually to 2 scoops (16.6 g) daily. Drink at least 8 glasses of water per day. •12 grams of fiber in 2 scoops.</p>	<p>•If adding AIM Cascara Sagrada™ follow the HFB information.</p>	<p>•Consult a health care practitioner if pregnant, breast-feeding, taking medication, or have celiac disease.</p>	<p>•Current research indicates moderate intake of oats is a good option in a gluten free diet.</p>
<p>•<b>AIM FloraFood®</b>, a powerful combination of three friendly bacteria—<i>Lactobacillus acidophilus</i>, <i>Bifidobacteria bifidum</i>, and <i>Bifidobacteria longum</i>—helps maintain the healthy balance integral to good health.</p>	<p>•1 capsule twice daily with at least 8 oz of water. •Best taken with meals.</p>	<p>•Take AIM PrepZymes® and AIM FloraFood® at alternate meals. •Safe to use with all other AIM products.</p>	<p>•If diabetic carefully monitor blood sugar levels. •Pregnant or nursing women and children should consult a health practitioner.</p>	<p>•Veggie caps.</p>
<p>•<b>AIM Frame Essentials®</b> combines a glucosamine complex with MSM and boswellia extract, helps maintain healthy joints.</p>	<p>•Take 2 capsules in the morning and 2 capsules in the evening. Best after meals. •After results take 1 capsule in the morning and 1 capsule in the evening for maintenance.</p>	<p>•Safe to use with all other AIM products.</p>	<p>•Pregnant or nursing, consult a health practitioner. <b>Warning:</b> Glucosamine is derived from shellfish.</p>	<p>•Veggie caps.</p>
<p>•<b>AIM GinkgoSense®</b>, combines ginkgo biloba with the essential fatty acid DHA, bilberry fruit extract, and the carotenoids lutein and zeaxanthin to provide overall support for your neuro health. It specifically targets mental acuity, vision, and circulation.</p>	<p>•1 capsule a day. •Take on an empty stomach</p>	<p>•Take with water or favorite juice. •Product is water soluble. •Safe to use with all other AIM products.</p>	<p>•Not to be taken by children, pregnant, or nursing women. •If taking a blood thinner, consult a health practitioner.</p>	<p>•May take 6-8 weeks for full effects.</p>

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<p>•<b>AIM GlucoChrom™</b>, combines vanadium, gymnema sylvestre, bitter melon, and a unique, barley-based chromium to maintain healthy blood sugar levels.</p>	<ul style="list-style-type: none"> <li>•1 capsule 2 times per day.</li> <li>•Best taken before meals.</li> </ul>	<ul style="list-style-type: none"> <li>•Safe to use with all other AIM products.</li> </ul>	<ul style="list-style-type: none"> <li>•Not to be taken by children, pregnant, or nursing women. If you have thyroid disease, diabetes, or are taking oral hypoglycemic or insulin, consult a health practitioner.</li> </ul>	<ul style="list-style-type: none"> <li>•Drink 6-8 glasses of water per day.</li> <li>•Perform 30 minutes of cardio exercise, reduce calories, fats, and alcohol for best results.</li> </ul>
<p>•<b>AIM Herbal Fiberblend®</b>, a combination of soluble and insoluble psyllium fiber and cleansing herbs, helps maintain bowel regularity, provides dietary fiber, and leads to detoxification. Available in powder and vegetarian capsules.</p> <p><i>(Canada – different formula.)</i></p>	<ul style="list-style-type: none"> <li>•<b>Adults:</b> Begin with 1 tsp. 2 times a day and gradually increase amount over 2 weeks to 1 Tbsp. or 3-6 capsules twice daily.</li> <li>•Take 20 minutes before meals.</li> <li>•Drink at least 8 glasses of water a day.</li> </ul>	<ul style="list-style-type: none"> <li>•Take AIM Herbal Fiberblend® 1 hour before or 30 minutes after taking AIM BarleyLife®, AIM Just Carrots® or AIM RediBeets®.</li> <li>•Add AIM Cascara Sagrada™ as needed.</li> </ul>	<ul style="list-style-type: none"> <li>•Psyllium dust allergy.</li> <li>•If pregnant or nursing, have colon disease, or take prescriptions, consult a health practitioner.</li> </ul>	<ul style="list-style-type: none"> <li>•If you have more than 3 eliminations a day cut back amount.</li> <li>•After 3 months use according to your needs.</li> </ul>
<p>•<b>AIM Herbal Release®</b>, a combination of herbs, helps maintain a healthy lymphatic system. The lymphatic system is integral to maintaining our immune system.</p>	<ul style="list-style-type: none"> <li>•Take 2-4 capsules a day.</li> <li>•Take with meals.</li> <li>•Drink more than 8 glasses of water a day.</li> </ul>	<ul style="list-style-type: none"> <li>•Take with AIM Composure® or AIM Herbal Fiberblend®.</li> </ul>	<ul style="list-style-type: none"> <li>•If cramping occurs reduce servings and take with meals.</li> <li>•If pregnant or nursing consult a health practitioner.</li> </ul>	<ul style="list-style-type: none"> <li>•Veggie caps.</li> </ul>
<p>•<b>AIM Just Carrots®</b>, a carrot powder concentrate that contains important nutrients such as alpha- and beta-carotene, vitamins B and C, calcium, iron, and potassium. <i>(Capsules not available in Canada.)</i></p>	<ul style="list-style-type: none"> <li>•<b>Adults:</b> 1 Tbsp. or 12 caplets once a day.</li> <li>•<b>Children over 8 yrs.:</b> take 1 tsp. or 4 caplets once a day.</li> <li>•Take on empty stomach.</li> </ul>	<ul style="list-style-type: none"> <li>•Mix with water, juice or the AIM Garden Trio®.</li> <li>•Take AIM Herbal Fiberblend® 1 hour before or 30 minutes after.</li> </ul>		<ul style="list-style-type: none"> <li>•Drink immediately after mixing.</li> </ul>
<p>•<b>AIM Para 90®</b>, a unique combination of herbs, helps maintain a parasite-free body.</p> <p><i>(No Canadian rights)</i></p>	<ul style="list-style-type: none"> <li>•Recommended to use every 3 months.</li> <li>•Take 1-3 capsules 3 times per day for 30 days.</li> </ul>	<ul style="list-style-type: none"> <li>•Take with AIM Herbal Fiberblend®, AIM Herbal Release®, or AIM Composure®.</li> <li>•Safe to use with all other AIM products.</li> </ul>	<ul style="list-style-type: none"> <li>•Do not use if pregnant or nursing.</li> <li>•Children, the very elderly, and those who have ulcers, colitis, or have had a colostomy consult a health practitioner.</li> </ul>	<ul style="list-style-type: none"> <li>•You may experience detoxification symptoms.</li> </ul>
<p>•<b>AIM Peak Endurance™</b>, a combination of PEAK ATP®, electrolytes, B vitamins, and only a single gram of sugar. ATP is the primary source of energy for every function in the cells in the body, electrolytes need replacing due to exercise, and B vitamins are important for metabolism.</p>	<ul style="list-style-type: none"> <li>•Take twice daily, once in the morning and once in the afternoon on an empty stomach.</li> <li>•A serving, 8.33 g or one scoop that comes with the canister, delivers 125 mg of PEAK ATP®.</li> <li>•Children ages 8 (60 lbs) to 16, mix two teaspoons (6 g) with 8-16 ounces of water.</li> </ul>	<ul style="list-style-type: none"> <li>•Safe to use with other products.</li> <li>•Because of the product's ability to enhance blood flow, it may help distribute other AIM product ingredients within the body.</li> </ul>	<ul style="list-style-type: none"> <li>•Not recommended for children under the age of 8.</li> <li>•If pregnant or nursing, consult a health practitioner.</li> </ul>	<ul style="list-style-type: none"> <li>•Grape electrolyte powder mix.</li> </ul>
<p>•<b>AIM PrepZymes®</b>, a combination of digestive enzymes, to help our bodies break down foods so we get more nutrients per meal. This also helps eliminate autotoxicity, a result of undigested food remaining in the body.</p>	<ul style="list-style-type: none"> <li>•Take 1 capsule before or during a meal.</li> </ul>	<ul style="list-style-type: none"> <li>•Take AIM PrepZymes® and AIM Florafood® at alternate meals.</li> <li>•Safe to use with all other AIM products.</li> </ul>	<ul style="list-style-type: none"> <li>•Do not use if you have gastritis or gastric or duodenal ulcers.</li> </ul>	<ul style="list-style-type: none"> <li>•Adjust intake according to your needs.</li> <li>•Veggie caps</li> </ul>

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<p>•<b>AIM Proancynol® 2000</b>, a combination of green tea, grape seed extract, alpha-lipoic acid, and other powerful antioxidants, to help fight free radicals and maintain a healthy immune system. Free radicals have been linked to more than 80 diseases, many of them resulting from a weakened immune system.</p>	<ul style="list-style-type: none"> <li>•2 capsules a day.</li> <li>•Best taken with meals.</li> </ul>	<ul style="list-style-type: none"> <li>•Safe to use with all other AIM products.</li> </ul>	<ul style="list-style-type: none"> <li>•If diabetic, monitor blood sugar levels.</li> <li>•Pregnant women should consult a health practitioner.</li> </ul>	<ul style="list-style-type: none"> <li>•Adjust intake according to your needs.</li> <li>•Gelatin caps.</li> </ul>
<p>•<b>AIM Pro Bone™</b>, calcium, lysine, and vitamin D. <i>(Available in Canada only.)</i></p>	<ul style="list-style-type: none"> <li>•Powder form.</li> </ul>	<ul style="list-style-type: none"> <li>•Safe to use with all other AIM products.</li> </ul>		
<p>•<b>AIM ReAssure®</b>, a pollen extract product, helps maintain a healthy prostate.</p>	<ul style="list-style-type: none"> <li>•Take 1-2 tablets at breakfast and dinner.</li> <li>•Many users start with 2 tablets at breakfast and dinner.</li> <li>•After results use 1 tablet at breakfast and dinner for maintenance.</li> </ul>	<ul style="list-style-type: none"> <li>•Take AIM ReAssure® 30 minutes before or 1 hour after taking AIM Herbal Fiberblend®.</li> </ul>	<ul style="list-style-type: none"> <li>•Do not use if allergic to pollen or suffer from asthma.</li> </ul>	<ul style="list-style-type: none"> <li>•In women AIM ReAssure® may help tone the smooth muscles of the bladder.</li> </ul>
<p>•<b>AIM RediBeets®</b>, a concentrated beet powder with only the fiber removed, contains essential enzymes along with the natural form of betaine, which aids in cleansing the liver and reducing homocysteine levels. <i>(Capsules not available in Canada.)</i></p>	<ul style="list-style-type: none"> <li>• 1 tsp. (4 g) or 6 capsules up to 2 times per day.</li> <li>•Take on an empty stomach.</li> </ul>	<ul style="list-style-type: none"> <li>•Mix with water, juice, or the AIM Garden Trio®.</li> <li>•Take AIM Herbal Fiberblend® 1 hour before or 30 minutes after taking AIM RediBeets®.</li> <li>•Safe to use with all other AIM products.</li> </ul>	<ul style="list-style-type: none"> <li>•Do not exceed 2 tsp. or 12 capsules a day without consulting a health practitioner.</li> <li>•Diabetics and those concerned with blood glucose levels should consult a health practitioner.</li> </ul>	<ul style="list-style-type: none"> <li>•Taking more than the suggested serving could cause dizziness and nausea. Slowly increase the serving size.</li> <li>•Drink immediately after mixing.</li> </ul>
<p>•<b>AIM Renewed Balance®</b>, a natural progesterone cream, helps maintain healthy bones and keeps the hormones estrogen and progesterone in balance. <i>(No Canadian rights.)</i></p>	<p><b>Tub (jar) usage:</b></p> <ul style="list-style-type: none"> <li>•Apply a rounded 1/8 to a scant 1/4 tsp. (1 g to 1.2 g of cream) which supplies 20 to 24 mg of natural progesterone.</li> <li>•<b>Premenopausal:</b> above usage per day for 2 weeks.</li> <li>•<b>Menopausal:</b> above usage for 2-3 weeks.</li> </ul>	<ul style="list-style-type: none"> <li>•Safe to use with all other AIM products.</li> </ul>	<ul style="list-style-type: none"> <li>•If you are undergoing ERT or HRT, have a thyroid condition, are pregnant, or nursing, consult a health practitioner.</li> </ul>	<ul style="list-style-type: none"> <li>•Always adjust for your use.</li> <li>•Can be refrigerated, but not frozen.</li> </ul>
<p>•<b>AIM RevitaFem®</b>, combines eight botanical ingredients that support physical and emotional balance during menopause and helps provide relief from uncomfortable symptoms.</p>	<ul style="list-style-type: none"> <li>•1 capsules 2 times a day.</li> <li>•Best taken with meals.</li> </ul>	<ul style="list-style-type: none"> <li>•May take with AIM Renewed Balance® cream.</li> <li>•Safe to use with all other AIM products.</li> </ul>	<ul style="list-style-type: none"> <li>•Do not take if pregnant or nursing.</li> <li>•Do not take if you have pelvic inflammatory disease, extensive menstrual bleeding, or if you are undergoing ERT or HRT.</li> </ul>	<ul style="list-style-type: none"> <li>•Veggie caps</li> </ul>

To learn more about the AIM products visit our website, [www.BarleyLife.com](http://www.BarleyLife.com) or call 1-800-456-2462.