



# AIM Herbal Fiberblend®



NPN 80114397 (powder)

NPN 80113394 (capsules)

CANADA

Herbal Fiberblend is a natural health product that provides gentle relief of constipation and/or irregularity and helps to lower LDL cholesterol levels when used in conjunction with dietary modifications. A unique combination of psyllium fibre 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 —

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

Health Canada established an adequate intake (AI) recommendation for total daily fibre intake. For adults who are 50 years of age and younger, the recommendation for total fibre 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. Most Canadians are only getting about half that much.

## Water-soluble Fibre —

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

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

## Insoluble Fibre —

Insoluble fibre does not dissolve in water, meaning the body cannot digest it. This type of fibre includes the indigestible parts of plant walls, and vegetables contain the greatest amount. The primary function of insoluble fibre 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.

## 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 fibre helps maintain healthy cholesterol and blood sugar levels
- Contains psyllium and cleansing herbs
- Provides 5 grams of fibre in one tablespoon (7 g) or in 10 capsules
- Simple, one-step detoxification product

## Cleansing, Detoxifying and Herbs —

The concept of body cleansing has been with us for centuries. Health care practitioners recognize the importance of keeping the body in balance: homeostasis. Internal cleansing and detoxifying contribute to this harmony. Many health care 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, abdominal 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](http://www.theaimcompanies.com).

## AIM Herbal Fiberblend —

One tablespoon (7 g) of Herbal Fiberblend contains 5 grams of fibre, providing both insoluble and soluble fibre. 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 fibre and herbs in convenient, easy-to-use powder—all-natural raspberry flavour or vegan capsules.

## Ingredients

Herbal Fiberblend's ingredients work together to enable your body to help itself. The main source of fibre, psyllium, has approximately 75 to 80 percent dietary fibre, 60 to 70 percent of which is soluble fibre. The herbs in Herbal Fiberblend bring you powerful detoxification effects and some of their functions are:

**Alfalfa** - helps relieve constipation

**Marshmallow root, Slippery Elm bark, Witch Hazel leaves** - lubricate and protect the mucous lining of the digestive tract

**Butternut Squash seed** - antioxidant properties

**Horsetail** - cleanses and purifies the system

**Passionflower, Mullein leaves** - calm the nervous system; soothe stomach cramps

**Irish Moss, Cayenne Pepper** - help increase the bulk of stools; aid digestion

**Dog Rose (Rose Hips)** - has a calming effect to reduce stress by replenishing vitamin C levels that often get depleted in stressful times

**Violet** - helps expel parasites due to the presence of cyclotide proteins

## FAQs

### Why does Herbal Fiberblend contain butternut squash seed and dog rose?

*Cucurbita maxima* (a variety of pumpkin also called squash) was changed to *Cucurbita moschata* whose common name is butternut squash. This change was the result of availability and regulatory changes. The benefits of the product should be unchanged. Dog rose is a new common name for rose hips applied by Health Canada. The source botanical *Rosa canina* remains the same.

### 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 fibre 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 fibre by consuming more plant fibre because your body will have grown accustomed to the amount of bulking fibre in Herbal Fiberblend. If you do not replace it, you may experience some constipation or irregularity as your body adjusts.

### Is there anyone who should not use Herbal Fiberblend?

Do not use if you are pregnant or breastfeeding, or experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, or undiagnosed rectal bleeding or failure to defecate following the use of

## How to Use Herbal Fiberblend

- For powder: start with 1 teaspoon (2.3 g) 2 times per day. Increase amount gradually over 2 weeks to 1 tablespoon (7 g) twice per day
- Mix servings in 155-310 ml of water or your favourite juice. Stir briskly and drink immediately. For best results, drink 20 minutes before meal
- For capsule: take 6-10 capsules per day. Minimum daily dose may be increased, up to the maximum daily dose, until desired effect is obtained
- Maintain adequate fluid intake
- Effects will be observed 12-24 hours after the first dose, and may take 2-3 days
- Take 2 hours before or after taking other medications
- Take Herbal Fiberblend one hour before or 30 minutes after taking BarleyLife®, AIM Just Carrots® or AIM RediBeets®
- Keep out of reach of children
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate

another laxative product, or have diabetes, heart disease, high or low blood pressure, kidney or liver disorder, or edema, or are taking products containing diuretics.

Consult a health care practitioner if symptoms persist or worsen, or if laxative effect does not occur within seven days, or if you experience chest pain, abdominal pain, nausea, vomiting, or difficulty in swallowing or breathing after taking this product.

Consult a health care practitioner prior to use if you have stomach ulcers or inflammation, or if you are taking medications which inhibit peristaltic movement, or taking cardiac medications such as cardiac glycosides or antiarrhythmic agents, or taking health products which may aggravate electrolyte imbalance or are dehydrated.

### Where does the natural raspberry flavour come from?

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

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