

How to Use the AIM Products

Learn about the AIM product servings, mixing instructions, contraindications, and other information in this convenient four-page chart.

Product	Suggested Serving	Mixing w/other products	Contraindications	Other information
whole-body health				
<p>BarleyLife is an all-natural, green barley grass juice powder concentrate that contains natural amounts of vitamins, minerals, chlorophyll, phytonutrients, antioxidants, and enzymes. Daily nutrition from BarleyLife provides you with a strong foundation for good health, increases overall energy and helps maintain a healthy acid-alkalize balance in the body.</p> <p>KOSHER • NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Adults: 1 rounded teaspoon (4 g), or 1 single serving packet or 6 capsules twice per day. • Children: 1/8 teaspoon once daily and gradually increase. • Best taken on an empty stomach. • Use within 60 days of opening. 	<ul style="list-style-type: none"> • Do not mix with carbonated drinks or hot water. • Mix with water, juice, or Garden Trio. • Drink immediately after mixing. • Take Herbal Fiberblend at an alternative time. • Shake well before opening. 	<ul style="list-style-type: none"> • If you have advanced kidney disease, consult a health care practitioner. • If taken late, might cause sleeplessness. 	<ul style="list-style-type: none"> • Available in 360 g canister, single-serving sample packs or vegan capsules. • Keep out of reach of children. • In hot, humid environments store in freezer.
<p>BarleyLife Xtra combines all the benefits of BarleyLife with 18 additional fruit and vegetable powders for 18 mg of vitamin C per serving and a sweet taste. Helps maintain correct pH levels in the body.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Adults: 1 rounded teaspoon (4.5 g), twice per day. • Children: 1/8 teaspoon once daily and gradually increase. • Best taken on an empty stomach. • Use within 60 days of opening. 	<ul style="list-style-type: none"> • Do not mix with carbonated drinks or hot water. • Mix with water, juice, or Garden Trio. • Drink immediately after mixing. • Take Herbal Fiberblend at an alternative time. • Shake well before opening. 	<ul style="list-style-type: none"> • If you have advanced kidney disease, consult a health care practitioner. • If taken late, might cause sleeplessness. 	<ul style="list-style-type: none"> • Keep out of reach of children. • In hot, humid environments store in freezer.
<p>CoCoo LeafGreens delivers the nutrition of five leaf powders (spinach, Swiss chard, arugula, kale and barley) and broccoli sprout powder in a delicious and healthy cocoa beverage. Contains a rich level of diverse antioxidants and the phytochemicals quercetin, kaempferol, and sulforaphane.</p> <p>NON-GMO • VEGAN</p>	<ul style="list-style-type: none"> • Take 1 rounded teaspoon (4 g), twice per day. • Mix with 180 to 300 ml of cold milk, water, or almond milk. • Children 8 years and under: Take 1 rounded teaspoon once daily. • Use within 60 days of opening. 	<ul style="list-style-type: none"> • Best mixed in a shaker cup or blender. • Safe to use with all other AIM products. • Recommended for use with ProPeas, Fit 'n Fiber, BarleyLife, and Garden Trio. • Shake well before opening. 		<ul style="list-style-type: none"> • Contains no sugar.
<p>Just Carrots is a carrot juice powder concentrate that contains important nutrients such as alpha- and beta-carotene, vitamin B and C, calcium, iron and potassium. Special nutrition for the eyes and skin.</p> <p>KOSHER • NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Mix 1 tablespoon (12 g) with 120 ml of water or juice. Take once per day. • Best taken on an empty stomach. • Use within 60 days of opening. 	<ul style="list-style-type: none"> • Mix with water, juice, or Garden Trio. • Drink immediately after mixing. • Take Herbal Fiberblend at an alternative time. • Shake well before opening. 		<ul style="list-style-type: none"> • Keep out of reach of children. • In hot, humid environments store in a freezer.
<p>RediBeets is a beet juice powder concentrate with only the fibre removed that contains essential enzymes along with the natural form of betaine, which aids in cleansing the liver and reducing homocysteine levels. Delivers a nitric oxide energy boost from natural dietary nitrates in beet juice.</p> <p>KOSHER • NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Mix 1 teaspoon (4 g) with 120 ml of water or juice. Take twice per day. • Best taken on an empty stomach. • Athletes: Mix up to 4 teaspoons (16 g) with 300 ml of water. Take once daily, 1 to 2 hours prior to an activity. • Use within 60 days of opening. 	<ul style="list-style-type: none"> • Mix with water, juice, or the Garden Trio. • Drink immediately after mixing. • Recommended for use with Peak Endurance for athletes. • Take Herbal Fiberblend at an alternative time. • Shake well before opening. 	<ul style="list-style-type: none"> • Diabetics and those concerned about blood glucose levels should consult a health care practitioner before using RediBeets. • May turn urine pink. 	<ul style="list-style-type: none"> • Keep out of reach of children. • In hot, humid environments store in freezer.
<p>Proancynol 2000 is a combination of seven antioxidants - green tea extract, rosemary extract, grape seed extract, N-acetylcysteine, alpha-lipoic acid, lycopene and selenium that helps fight free radicals and maintain a healthy immune system.</p> <p>NPN 80006681 NON-GMO • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 2 capsules per day. • Best taken with meals. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. • Recommended for use with BarleyLife, CoCoo LeafGreens and FloraFood for additional antioxidant and immune health benefits. 	<ul style="list-style-type: none"> • Consult a health care practitioner prior to use if you have a severe circulatory disorder, are taking chemotherapeutic agents, alkaline medication or nitroglycerin, have a history of non-melanoma skin cancer, have symptoms of or a liver disorder. • Do not use if you are pregnant, breastfeeding, or suffer from kidney disease. 	<ul style="list-style-type: none"> • Consult a health care practitioner for use beyond 12 weeks. • Gelatin capsules. • Gelatin is Halal and Kosher certified. • Contains soy. • Keep out of reach of children.

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bone & joint health				
<p>CalciAIM, contains 3 types of calcium, magnesium, L-lysine, vitamins C and D, zinc, and copper that helps in the development and maintenance of bones, cartilage, muscle, teeth and gums. It also helps to maintain immune function.</p> <p style="text-align: center;">NPN 80033077 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Mix 1 rounded scoop (8.33 g) with 240-300 ml of cold water. Best taken with food. Adolescents aged 12-18: Take one rounded scoop daily. Adults aged 19 and over: Take one rounded scoop twice daily. For optimal absorption spread servings throughout the day. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. Recommended for use with AIMega, BarleyLife, FloraFood, CoCoo LeafGreens and Peak Endurance, for optimal healthy skeletal function. Take a few hours before or after taking medications. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you are following a low protein diet. 	<ul style="list-style-type: none"> Tastes great when mixed with Peak Endurance. Keep out of reach of children. Contains measuring scoop.
<p>Frame Essentials is a combination of glucosamine complex, derived from a bacterial fermentation, boswellia extract and methylsulfonymethane (MSM) that helps to relieve osteoarthritic pain and supports joint health.</p> <p style="text-align: center;">NPN 80006447 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 2 capsules twice per day. Best taken with meals. Avoid taking at bedtime. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you have diabetes or if symptoms worsen. Do not use if you are pregnant or breastfeeding. Stop use if hypersensitivity/allergy, diarrhea, abdominal pain, heartburn, nausea or vomiting occur. 	<ul style="list-style-type: none"> For best results, use for a minimum of 2 months. Keep out of reach of children.
digestive health				
<p>FloraFood is a probiotic formula containing three good bacteria – <i>Lactobacillus gasseri</i>, <i>Bifidobacterium bifidum</i>, and <i>Bifidobacterium longum</i> – to help support gastrointestinal health and could promote a favourable gut flora.</p> <p style="text-align: center;">NPN 80079610 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 1 capsule twice daily. Best taken with meals. 	<ul style="list-style-type: none"> Safe to use with all other AIM products, except PrepZymes. Recommended for use with CalciAIM for proper calcium absorption. Take PrepZymes and FloraFood at alternate meals. If you are on antibiotics, take at least 2-3 hours before or after. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you have fever, vomiting, bloody diarrhea or severe abdominal pain. Discontinue use if symptoms of digestive upset occur, worsen, or persist beyond 3 days. 	<ul style="list-style-type: none"> Each capsule contains 3 billion live cells of good bacteria. Vegan capsules. Refrigeration not required. Keep out of reach of children.
<p>Herbal Fiberblend is a combination of soluble and insoluble psyllium fibre and cleansing herbs that provides gentle relief of constipation and/or irregularity. It also helps to lower LDL cholesterol levels when used in conjunction with dietary modifications. Available in raspberry-flavoured powder and vegan capsules.</p> <p style="text-align: center;">NPN 80114397 (powder) • NPN 80113394 (capsule) NON-GMO • VEGAN</p>	<ul style="list-style-type: none"> Powder: start with 1 teaspoon (2.3 g), 2 times per day. Increase amount gradually over 2 weeks to 1 tablespoon (7 g) twice daily. 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. Capsule: take 6-10 capsules per day. Minimum daily dose may be increased, up to the maximum daily dose, until desired effect is obtained. 	<ul style="list-style-type: none"> Take Herbal Fiberblend 1 hour before or 30 minutes after taking BarleyLife, Just Carrots or RediBeets. Take one or more capsules of Herbal Release to a serving of Herbal Fiberblend as needed. Maintain adequate fluid intake. Take 2 hours before or after taking other medications. 	<ul style="list-style-type: none"> Psyllium dust may cause an allergic reaction. Consult a health care practitioner if symptoms worsen, if laxative effect does not occur within 7 days Do not use if you are pregnant or breastfeeding, have diabetes, are experiencing a sudden change in bowel habits. 	<ul style="list-style-type: none"> After 3 months, use according to your needs. Vegan capsules Refer to product label for detailed contraindications. Irish moss contains natural iodine up to 119 mcg per daily serving. Keep out of reach of children.
<p>Herbal Release is a blend of herbs, including cascara sagrada, that promotes bowel movements, helps to cleanse the intestinal tract and supports the immune system.</p> <p style="text-align: center;">NPN 80031729 NON-GMO • VEGAN</p>	<ul style="list-style-type: none"> Take 4 capsules once daily at bedtime. Do not use for more than 7 days. 	<ul style="list-style-type: none"> Can be taken with Herbal Fiberblend or Fit 'n Fiber. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you have diabetes or impaired kidney or liver function, or if you are taking heart medications or immuno-suppressants. Do not use if you are pregnant or breastfeeding, have chronic gastrointestinal disorders, or if hypersensitivity occurs. 	<ul style="list-style-type: none"> Allow 6 to 12 hours for laxative effect to occur. Vegan capsules. Refer to product label for detailed contraindications. Keep out of reach of children.
<p>PrepZymes is a combination of digestive enzymes (protease I & II, alpha-amylase, lipase, cellulase, lactase, diastase, invertase and papain), bear garlic leaf and papaya fruit powder that helps digestion and improves assimilation of food.</p> <p style="text-align: center;">NPN 80035026 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 3 capsules daily with meals. 	<ul style="list-style-type: none"> Safe to use with all other AIM products, except FloraFood. Take PrepZymes and FloraFood at alternate meals. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you are pregnant, breastfeeding, have an allergy to latex or fruits, have diabetes, have gastrointestinal lesions/ulcers, are taking anti-coagulant agents, anti-inflammatory agents or other enzyme products, or are having surgery. 	<ul style="list-style-type: none"> Vegan capsules. For prolonged use, consult a health care practitioner. Keep out of reach of children.

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heart health				
<p>AIMega is an organic seed oil blend that delivers essential omega-3 and -6 fatty acids for the maintenance of good health. Essential fatty acids are necessary for cell growth, activity, and repair.</p> <p>NPN 80006364 NON-GMO • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 2 to 3 capsules twice daily. Best taken with meals. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. Recommended for use with CalciAIM for optimal mineral and vitamin absorption. 	<ul style="list-style-type: none"> Consult a health care practitioner if you are taking any oral medication, blood thinners, or have a clotting disorder, or gallbladder disease. 	<ul style="list-style-type: none"> Gelatin capsules. Gelatin is Halal and Kosher certified. Keep out of reach of children.
<p>CellSparc 360 combines CoQ10 with tocotrienol concentrate and fish oil to support cardiovascular health. Provides potent antioxidant capabilities.</p> <p>NPN 80006625 NON-GMO • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 1 capsule per day. Best taken with meals containing healthy fats for optimal absorption. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. Recommended for use with AIMega and GarlicAIM for additional cardio benefits. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you are pregnant or breastfeeding or have documented heart disease, or are taking blood pressure medications. Mild gastrointestinal symptoms may occur in some users. 	<ul style="list-style-type: none"> Some people notice effects immediately, others in 6-8 weeks. Gelatin capsules. Gelatin is Halal and Kosher certified. Contains fish. Keep out of reach of children.
<p>GarlicAIM provides a unique combination of three types of garlic: bear garlic leaf, garlic bulb powder (from fermented black garlic), and garlic bulb extract that are traditionally used in herbal medicine to help maintain cardiovascular health.</p> <p>NPN 80106721 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 3 capsules once per day. Can be taken at any time. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. Recommended for use with AIMega and CellSparc 360 for cardiovascular health. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you are pregnant, have diabetes, or if you are taking blood thinners or protease inhibitors. Stop use if hypersensitivity/allergy occurs. 	<ul style="list-style-type: none"> Vegan capsules. Keep out of reach of children.
energy				
<p>Peak Endurance is a combination of PEAK ATP[®], electrolytes, B vitamins, vitamin C that helps maintain proper muscle function and in connective tissue formation. ATP is the primary source of energy for every cell function in the body. Electrolytes need replacing due to exercise, and B vitamins are important for metabolism. A serving delivers 200 mg of PEAK ATP[®].</p> <p>NPN 80065411 NON-GMO • VEGAN • GLUTEN-FREE • SPORT APPROVED</p>	<ul style="list-style-type: none"> Take twice daily. Hypotonic drink (rehydrate during and after exercise): mix one scoop (8.33 g) in 175 – 475 ml of water. Isotonic drink (promote rapid absorption of nutrients or electrolytes before and during exercise): mix one scoop (8.33 g) with 36 ml of water. 	<ul style="list-style-type: none"> Safe to use with other AIM products. Recommended for use with GlucoChrom, BarleyLife, CalciAIM, CellSparc 360, and ProPeas. Take a few hours before or after taking other medications. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if pregnant or breastfeeding. Not recommended for children under the age of 8. 	<ul style="list-style-type: none"> Consult a health care practitioner for use beyond 12 weeks. Blueberry Açai energy powder mix. Tastes great when mixed with CalciAIM or ProPeas. Contains measuring scoop.
men's and women's health				
<p>CranVerry+ provides a unique combination of cranberry extract and three other botanicals that can help prevent (recurrent) urinary tract infections (UTIs) and maintain urinary tract health.</p> <p>NPN 80070414 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 2 capsules daily with food. 	<ul style="list-style-type: none"> Safe to use with all other AIM products, except FloraFood. Take CranVerry+ and FloraFood at alternating meals. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have diabetes or have a history of kidney stones. For recurrent UTIs: consult a health care practitioner if symptoms persist or worsen. 	<ul style="list-style-type: none"> Stop use if hypersensitivity/allergy occurs. For use as digestive enzyme: consult a health care practitioner for prolonged use. Vegan capsules. Keep out of reach of children.
<p>ReAssure SP supports prostate health and helps to relieve the urological symptoms associated with benign prostatic hyperplasia (BPH) with a combination of saw palmetto berry oil extract, pumpkin seed oil, zinc citrate and lycopene from tomato extract.</p> <p>NPN 80028153 NON-GMO • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 2 capsules daily with food, a few hours before or after taking other medications. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. Recommended for use with CellSparc 360, GarlicAIM, and Fit 'n Fiber for cardio health. 	<ul style="list-style-type: none"> Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use to exclude a diagnosis of prostate cancer. 	<ul style="list-style-type: none"> Gelatin capsules. Gelatin is Halal and Kosher certified. Contains soy. Keep out of reach of children.
hair, skin and nail health				
<p>BioVivify can improve the health of the skin, hair, and nails through the power of astaxanthin, L-proline, glycine, L-lysine, biotin, and vitamin C.</p> <p>NPN 800117152 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take two capsules daily. Best taken with food. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. Recommended for use with AIMega and BarleyLife. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you are pregnant or breastfeeding. 	<ul style="list-style-type: none"> Vegan capsules. Not recommended for children.

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neuro health				
<p>Composure is a combination of three soothing herbs - valerian root, passionflower and hops flower that relax and calm nerves, reduce restlessness, and promote restful sleep.</p> <p style="text-align: center;">NPN 80007112 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 3 capsules 1 to 2 times per day 	<ul style="list-style-type: none"> Safe to use with all other AIM products. 	<ul style="list-style-type: none"> Consult a health care practitioner if you are taking barbiturates, sedative drugs and/or other herbs with sedative properties, have depression and/or related diseases, or if symptoms persist or worsen. Do not use if you are pregnant or breastfeeding. 	<ul style="list-style-type: none"> Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Exercise caution if operating heavy machinery or driving a vehicle within 2 hours of consumption. Vegan capsules. Keep out of reach of children.
<p>GinkgoSense combines ginkgo biloba, curcumin, black pepper, ashwagandha, ginger and the carotenoids lutein and zeaxanthin to help enhance cognitive function and memory in adults. It provides antioxidants and helps to support eye health in conditions (associated with sunlight damage), such as cataracts and age-related macular degeneration.</p> <p style="text-align: center;">NPN 80095306 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 2 capsules daily. Best taken on an empty stomach. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. Avoid taking with alcohol or products with sedative properties. 	<ul style="list-style-type: none"> Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have gallstones or bile duct obstruction, stomach ulcers or excess stomach acid, are taking blood thinners, medications for diabetes, high blood pressure or seizures. Do not use if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding. 	<ul style="list-style-type: none"> Consult a health care practitioner for use beyond 6 weeks. Vegan formula with vegan capsules. Keep out of reach of children.
topical magnesium				
<p>Mag-nificence CWR bath additive provides readily available cellular magnesium in a bath additive. Each application is absorbed topically, not consumed orally, in order to maximize the effectiveness of the magnesium.</p>	<ul style="list-style-type: none"> Mix 60 ml in a bath (or footbath) of warm to hot water and soak for 20 to 30 minutes. You may use more depending on your needs. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. 	<ul style="list-style-type: none"> Avoid eyes, mouth and sensitive areas. It is normal for some individuals to experience a tingling sensation on the skin upon application. For external use only. 	<ul style="list-style-type: none"> Shake well. Skin patch test recommended. Can also be applied directly to the skin. Keep out of reach of children.
weight management				
<p>Fit 'n Fiber is a dietary fibre supplement for healthy weight management in which it helps to temporarily increase feelings of fullness. It provides ten grams of fibre from a unique array of synergistic herbs as well as fibre from psyllium husk, oat, apple, acacia, flax seed and konjac.</p> <p style="text-align: center;">NPN 80073693 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Mix 2 tablespoons (18.78 g) with 240 ml of water once daily. Stir briskly and drink immediately. Take with meals. Not to be taken immediately before bedtime. 	<ul style="list-style-type: none"> Fit 'n Fiber can be mixed with all AIM products and is complementary to ProPeas Mixed with Herbal Fiberblend improves the taste of Herbal Fiberblend. Maintain adequate fluid intake. Take 2 hours before or after taking other medications. 	<ul style="list-style-type: none"> Consult a health care practitioner immediately if you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product. Consult a health care practitioner prior to use if you are breastfeeding, taking medications which inhibit peristaltic movement, have diabetes, liver or gall bladder diseases, or intestinal obstruction. Do not use if you are pregnant or experiencing a sudden change in bowel habits that has persisted for more than 2 weeks. 	<ul style="list-style-type: none"> A prebiotic fibre source that feeds the probiotics in the gut. Refer to product label for detailed contraindications. Hypersensitivity, such as allergy, has been known to occur following inhaled and/or ingested psyllium; in which case, discontinue use. May cause temporary gas and/or bloating. Keep out of reach of children.
<p>GlucoChrom combines vanadium, <i>gymnema sylvestre</i>, bitter melon, and a unique chromium to maintain healthy blood sugar levels by increasing the effective action of insulin and help the body to metabolize carbohydrates and fats.</p> <p style="text-align: center;">NPN 80006166 NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> Take 1 capsule 2 times daily preferably before meals. 	<ul style="list-style-type: none"> Safe to use with all other AIM products. Complementary to ProPeas and Fit 'n Fiber for weight management. 	<ul style="list-style-type: none"> Do not use if you are pregnant or breastfeeding. Those with diabetes should consult a health care practitioner prior to use. Not recommended for children. 	<ul style="list-style-type: none"> Vegan capsules. Keep out of reach of children.
<p>ProPeas provides a sugar-free, vegetable source of protein made from peas that helps to alkalize the body and manage weight by increasing feelings of fullness, boosting metabolism and maintaining lean muscle mass.</p> <p style="text-align: center;">NON-GMO • VEGAN • GLUTEN-FREE SPORT APPROVED</p>	<ul style="list-style-type: none"> Use 1 to 4 scoops daily (depending on activity level). Shake into 240 ml of water, cold beverage or smoothie. 	<ul style="list-style-type: none"> ProPeas can be mixed with all AIM products and is complementary to Fit 'n Fiber and GlucoChrom. Best used for weight management, for recovery after exercise, as a healthy breakfast or as a protein supplement or snack. 	<ul style="list-style-type: none"> Does not contain egg, dairy products, peanuts, tree nuts, shellfish, artificial colours, or sweeteners. 	<ul style="list-style-type: none"> Provides 12 g of protein per serving. Contains measuring scoop.