



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 juice powder concentrate that helps provide the daily nutrition you need to develop a strong foundation for good health. Abundant in enzymes, essential amino acids and antioxidants, it has anti-inflammatory benefits, provides immune system support, and helps maintain correct pH levels in the body.</p> <p>KOSHER • NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Adults: Take 1 rounded teaspoon (4 g), or 1 single serving packet, twice per day, or take 7 capsules a day. • Children: Take 1/8 tsp. a day 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 the AIM Garden Trio. • 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 practitioner. • If taken late, might cause sleeplessness. 	<ul style="list-style-type: none"> • Drink immediately after mixing. • In hot, humid environments store in freezer. • Also available in vegan capsules and convenient single servings in the Sample Pack.
<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: Take 1 rounded tsp. (4.5 g) twice per day. • Children: Take 1/8 tsp. a day 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 the AIM Garden Trio. • 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 practitioner. • If taken late, might cause sleeplessness. 	<ul style="list-style-type: none"> • Drink immediately after mixing. • In hot, humid environments store in freezer.
<p>CoCea LeafGreens delivers the nutrition of five leaf powders (spinach, Swiss chard, arugula, kale and barley) and broccoli sprout powder in a delicious, 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 twice daily. • Mix with 6 to 10 oz of cold milk, water, or almond milk. • Children 8 years and under: Take 1 rounded teaspoon once daily. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. • Best mixed in a shaker cup or blender. • Recommended for use with ProPeas, Fit 'n Fiber, BarleyLife, Garden Trio, and Herbal Fiberblend. 	<ul style="list-style-type: none"> • Contains 4.49 mg caffeine per serving. • Use product within 60 days of 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.</p> <p>KOSHER • NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Mix 1 tablespoon with 4 oz 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 the Garden Trio. • Take Herbal Fiberblend at an alternative time. • Shake well before opening. 		<ul style="list-style-type: none"> • Drink immediately after mixing. • Keep out of reach of children. • In hot, humid environments store in a freezer.
<p>Proancynol 2000 is a combination of green tea, grape seed extract, alpha-lipoic acid and other powerful antioxidants that helps fight free radicals and maintain a healthy immune system.</p> <p>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 Xtra, Peak Endurance, and CellSparc 360. 	<ul style="list-style-type: none"> • Do not use if you are pregnant, nursing, or suffer from kidney disease. • Consult a health care practitioner prior to use if taking alkaline medication, or nitroglycerin. • Contains soy. 	<ul style="list-style-type: none"> • Gelatin capsules. • Gelatin is Halal and Kosher certified. • Keep out of reach of children.
<p>RediBeets is a beet juice powder concentrate with only the fiber 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 with 4 oz of water or juice. Take twice per day. • Best taken on an empty stomach. • Use within 60 days of opening. • Athletes: Mix up to 4 teaspoons with 10 ounces of water. Take once daily, 1 to 2 hours prior to an activity. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. • Mix with water, juice, or the Garden Trio. • Recommended with Peak Endurance for athletes. • Take Herbal Fiberblend at an alternative time. • Shake well before opening. 	<ul style="list-style-type: none"> • The initial use of this product can result in detoxification. • May turn urine pink. 	<ul style="list-style-type: none"> • Keep out of reach of children. • In hot, humid environments store in freezer.

The information in this guide has not been evaluated by the U.S. Food and Drug Administration. AIM products are not intended to diagnose, treat, cure, or prevent any disease.

Product	Suggested Serving	Mixing w/other products	Contraindications	Other information
bone & joint health				
<p>CalciAIM provides several nutrients crucial to proper skeletal function and overall wellness. It contains three types of calcium plus a number of other nutrients—including vitamin D—that work synergistically to provide your body with the most bioavailable form of calcium and many needed vitamins.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Mix 1 rounded scoop with 8-10 oz of cold water. • Best taken with food. • Ages 4-8: 1 scoop per day. • Ages 9-50: 2 scoops per day. • Age 51+: 3 scoops per day. • 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, Peak Endurance and Renewed Balance, for optimal healthy skeletal function. 	<ul style="list-style-type: none"> • Not recommended for use for those under the age of 4 and those placed on calcium-restricted diets due to heart disease medications. Consult a health care practitioner prior to use, if pregnant, breast feeding or taking medications. 	<ul style="list-style-type: none"> • Contains measuring scoop. • Keep out of reach of children. • Tastes great when mixed with Peak Endurance.
<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>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 2 capsules twice per day. • Best taken after 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"> • Do not use if pregnant or nursing. Consult a health practitioner before use if taking insulin. Stop use if hypersensitivity/allergy, diarrhea, abdominal pain, heartburn, nausea, or vomiting occurs. Not recommended for children. 	<ul style="list-style-type: none"> • Most new users begin to see results after 6 weeks. • Vegan formula. • Keep out of reach of children.
digestive health				
<p>FloraFood is a powerful combination of three good bacteria – <i>Lactobacillus gasseri</i>, <i>Bifidobacterium bifidum</i>, and <i>Bifidobacterium longum</i> – to help maintain a healthy balance integral to good health.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 1 capsule twice daily. • Best taken with meals. • Each capsule contains 3 billion live cells of good bacteria. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. • Recommended for use with CalciAIM for proper calcium absorption. 	<ul style="list-style-type: none"> • Take PrepZymes and FloraFood at alternate meals. 	<ul style="list-style-type: none"> • Vegan capsules. • Keep out of reach of children.
<p>Herbal Fiberblend is a combination of soluble and insoluble psyllium fiber and cleansing herbs that helps maintain bowel regularity, provides dietary fiber, and aids in detoxification. Available in natural raspberry powder, unflavored powder, and vegan capsules.</p> <p>NON-GMO • VEGAN</p>	<ul style="list-style-type: none"> • Take 1 tablespoon with water or juice once daily or take 6 capsules twice daily. • Adolescents (12-17 years) and New Users: Take 1 teaspoon or 3 capsules twice per day. Within 2 weeks new users should increase to the suggested serving. 	<ul style="list-style-type: none"> • Take BarleyLife, Just Carrots and/or RediBeets at an alternative time. • Maintain adequate daily hydration. 	<ul style="list-style-type: none"> • Contains psyllium and black walnut hulls. • Consult a healthcare practitioner before use if pregnant or nursing, taking prescription medication, suffering from kidney disease or high blood pressure or are under age 12. 	<ul style="list-style-type: none"> • Vegan capsules. • Keep out of reach of children. • After 3 months, use according to your needs. • Irish moss contains natural iodine up to 119 mcg per daily serving.
<p>Herbal Release is a combination of herbs that helps maintain a healthy lymphatic system. The lymphatic system is integral to maintaining our immune system.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 1-2 capsules a day. • Best taken with meals. • Drink more than 8 glasses of water a day. • Do not take for longer than 7 days. Alternate one week on, one week off. 	<ul style="list-style-type: none"> • Recommended for use with Composure or Herbal Fiberblend. 	<ul style="list-style-type: none"> • Not recommended for children or pregnant or nursing women. People with kidney disease or high blood pressure should seek advice from a health practitioner before use. 	<ul style="list-style-type: none"> • Delayed release vegan capsules. • Keep out of reach of children.
<p>Para 90 is a unique combination of herbs that helps maintain a parasite-free body. Also contains bromelain, a digestive enzyme.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Recommended to use every 3 months. • Take 1 or up to 3 capsules three times per day for 30 days. • Can be taken with or without meals. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. • Recommended for use with Herbal Fiberblend, Herbal Release, or Composure. 	<ul style="list-style-type: none"> • Do not use if pregnant or nursing. • Children, the very elderly, and those who have ulcers, colitis, or have had a colostomy, consult a health practitioner. • Black walnut hulls may create sensitivity resulting in an allergic reaction. 	<ul style="list-style-type: none"> • Vegan capsules. • Keep out of reach of children.
<p>PrepZymes is a combination of digestive enzymes that helps our bodies break down foods so we get more nutrients per meal. This also helps eliminate undigested food remaining in the body.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 1 capsule before or during each meal. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. • Take PrepZymes and FloraFood at alternate meals. 	<ul style="list-style-type: none"> • Do not use if you have gastritis or gastric or duodenal ulcers. 	<ul style="list-style-type: none"> • Vegan capsules. • 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 plus omega-9. Essential Fatty Acids are necessary for cell growth, activity, and repair.</p> <p>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 practitioner if pregnant, nursing, have blood-clotting or gallbladder disease, or taking blood thinners. 	<ul style="list-style-type: none"> • Gelatin capsules. • Gelatin is Halal and Kosher certified. • Keep out of reach of children.
<p>GarlicAIM is targeted for cardiovascular health. This garlic supplement includes wild alpine garlic leaf, garlic bulb extract and black fermented garlic.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 3 capsules 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 provider prior to use if you are pregnant or nursing, have a blood clotting disorder or low blood pressure. 	<ul style="list-style-type: none"> • Vegan capsules. • Keep out of reach of children.
<p>CellSparc 360 combines CoQ10 with tocotrienols and fish oil to provide total cardiovascular support. Provides potent antioxidant capabilities.</p> <p>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. • Some people notice effects immediately, others in 6-8 weeks. 	<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"> • If you are diabetic, pregnant, or nursing, consult a health practitioner. • Contains fish. 	<ul style="list-style-type: none"> • Gelatin capsules. • Gelatin is Halal and Kosher certified. • Keep out of reach of children.
energy				
<p>Peak Endurance is a combination of PEAK ATP[®], electrolytes, B vitamins, vitamin C, and one gram of sugar. 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>NON-GMO • VEGAN • GLUTEN-FREE SPORT APPROVED</p>	<ul style="list-style-type: none"> • Take twice daily. Best taken on an empty stomach. • Children ages 8 (60 lbs) to 16: Mix two teaspoons (6 g) with 8-16 oz of water. • Pre-workout (energize): Mix 1 scoop with 4 oz of water (before and during exercise). • Post-workout (recover): Mix 1 scoop with 10-20 oz of water. Best taken in the morning and afternoon. 	<ul style="list-style-type: none"> • Safe to use with other AIM products. • Recommended for use with GlucoChrom, BarleyLife, CalciAIM, CellSparc 360, and ProPeas. 	<ul style="list-style-type: none"> • Not recommended for children under the age of 8. • If pregnant or nursing, consult a health practitioner before use. 	<ul style="list-style-type: none"> • Blueberry Açaí energy powder mix. • Tastes great when mixed with CalciAIM or ProPeas. • Contains measuring scoop.
men's and women's health				
<p>CranVerry+ is a unique combination of cranberry extract and three other active ingredients with proven benefits for urinary health.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 2 capsules daily. • Best taken 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 physician prior to use if pregnant, nursing or taking prescription medications. 	<ul style="list-style-type: none"> • Keep out of reach of children. • Now 60 capsules per bottle delivers the same therapeutic benefits in two easy-to-swallow capsules.
<p>Renewed Balance is a body cream that contains progesterone, rosemary leaf extract, lemongrass oil, and carrot oil.</p>	<ul style="list-style-type: none"> • Apply a small amount of cream to fragile or thin skin. • Call AIM's toll-free number, 1-800-456-2462, for more information on application. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. • Recommended for use with CalciAIM. 	<ul style="list-style-type: none"> • For adults only. 	<ul style="list-style-type: none"> • Always adjust for your use. • Can be refrigerated, but not frozen.
<p>ReAssure SP is a unique and synergistic combination of saw palmetto berry oil extract, pumpkin seed oil, tomato lycopene, and zinc citrate for the maintenance of prostate health.</p> <p>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. • Use for a minimum of three months to receive full benefits. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. • We recommend the combination of ReAssure SP with CellSparc 360, GarlicAIM, and Fit' n Fiber for cardio health. 	<ul style="list-style-type: none"> • Do not take if pregnant or nursing. • Consult a health practitioner prior to use if taking birth control meds, blood thinners, or undergoing HRT. 	<ul style="list-style-type: none"> • Gelatin capsules. • Gelatin is Halal and Kosher certified. • Keep out of reach of children. • Contains soy.
hair, skin and nail health				
<p>BioVivify can improve the health of the skin, hair, and nails through the power of astaxanthin, proline, glycine, lysine, biotin, and vitamin C.</p> <p>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. 	<ul style="list-style-type: none"> • Do not use if pregnant or nursing. • Not recommended for children. 	<ul style="list-style-type: none"> • Vegan capsules. • Keep out of reach of children.

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neuro health																			
<p>Composure is a combination of relaxing herbs that helps to maintain your neuro health, especially in regard to dealing efficiently with stress.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 2 capsules per day. • Can be taken at any time. 	<ul style="list-style-type: none"> • Recommended for use with Herbal Fiberblend. • Safe to use with all other AIM products. • For increased sedative effect take with warm beverage. 		<ul style="list-style-type: none"> • Vegan capsules. • Keep out of reach of children. 															
<p>GinkgoSense combines ginkgo biloba with curcumin, black pepper, ashwagandha, ginger and the carotenoids lutein and zeaxanthin to provide overall support for memory health. It specifically targets mental acuity and vision.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Take 2 capsules daily. • Best taken with food. 	<ul style="list-style-type: none"> • Safe to use with all other AIM products. 	<ul style="list-style-type: none"> • Not recommended for children, or pregnant and nursing women. • Consult a health practitioner prior to use if taking anticoagulant/ antiplatelet, diabetes or high blood pressure medications. Ashwagandha may stimulate the production of thyroid hormones. If you have an autoimmune disease please consult a health practitioner before use. 	<ul style="list-style-type: none"> • Vegan formula with vegan capsules. 															
topical magnesium																			
<p>Mag-nificence CWR 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 2 oz 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. • Keep out of reach of children. • Skin patch test recommended. • CWR can also be applied directly to the skin. 															
weight management																			
<p>Fit 'n Fiber is a prebiotic fiber source that feeds the probiotics in the gut with heart-healthy soluble and insoluble fiber. Soluble fiber has been linked to reduced appetite, cholesterol, and glucose absorption. This high-fiber drink is a low-calorie complement to a healthy diet. Improve your overall fitness by following AIM's Healthy Cell Concept.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • Mix 2 tablespoons (16 g) with 8 oz (240 ml) of water once daily. • Children (12-16 years): Mix 1 tablespoon once daily. • Best taken before meals. 	<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. 	<ul style="list-style-type: none"> • If taking prescription medications, pregnant or nursing women and people who have difficulty swallowing should consult a healthcare practitioner before use. Take four hours before or after Amoxicillin. 	<ul style="list-style-type: none"> • Keep out of reach of children. • Psyllium dust may create a sensitivity resulting in an allergic reaction. 															
<p>GlucoChrom combines vanadium, gymnema sylvestre, bitter melon, and a unique chromium to maintain healthy blood sugar levels. May improve weight loss as part of a healthy vegan diet and exercise plan.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE</p>	<ul style="list-style-type: none"> • 1 capsule twice per day. • Best taken 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 loss. 	<ul style="list-style-type: none"> • Do not use if pregnant or nursing. Consult a health practitioner before use if taking insulin. Not recommended for children. 	<ul style="list-style-type: none"> • Vegan capsules. • Keep out of reach of children. 															
<p>ProPeas is an all-natural, vegan, vanilla-flavored protein powder made from peas with 12 grams of protein per serving. AIM ProPeas is digested slowly to reduce your appetite. ProPeas can help maintain lean muscle, resulting in an increased ability to burn calories. A high-protein, low-calorie complement to a healthy diet and exercise program.</p> <p>NON-GMO • VEGAN • GLUTEN-FREE SPORT APPROVED</p>	<ul style="list-style-type: none"> • Use 1 to 4 scoops daily (depending on activity level). Blend into 8 oz of water, a cold beverage or smoothie. <table border="1"> <thead> <tr> <th></th> <th>Scoops</th> <th>Protein (g)</th> </tr> </thead> <tbody> <tr> <td>Adolescents</td> <td>1</td> <td>12</td> </tr> <tr> <td>Adults</td> <td>2</td> <td>24</td> </tr> <tr> <td>Pregnant/ Lactating</td> <td>3</td> <td>36</td> </tr> <tr> <td>Athletes</td> <td>4</td> <td>48</td> </tr> </tbody> </table>		Scoops	Protein (g)	Adolescents	1	12	Adults	2	24	Pregnant/ Lactating	3	36	Athletes	4	48	<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 during weight loss, 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 colors, or artificial sweeteners. 	<ul style="list-style-type: none"> • Contains measuring spoon.
	Scoops	Protein (g)																	
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