



AIM fit 'n fiber™ Orchard Peach

AIM fit 'n fiber orchard peach is everyday fiber for safe, effective and consistent results. It provides ten grams of dietary fiber through a unique array of synergistic herbs as well as fiber from psyllium husk, oat, apple, acacia, flax seed and konjac. Fiber has been proven effective for regularity, appetite control and cholesterol and weight management.

A great companion to AIM's Herbal Fiberblend, fit 'n fiber provides a boost of flavor to one of AIM's most effective and historic products. On its own, fit 'n fiber is a healthy and tasty way to increase your fiber intake with only ten calories per serving.

Fiber

The two varieties of fiber—insoluble and soluble—work together to detoxify and cleanse the body. Insoluble fiber moves through the intestinal tract like a scrub brush, bulking up and helping eliminate any unneeded materials. Soft, soluble fiber, which becomes a gel when mixed with water and digestive enzymes, prevents and reduces the absorption of harmful substances while helping regulate blood sugar and reduce cholesterol. It also slows down the movement of food through the intestines which contributes to feelings of fullness.

Fiber and a healthy weight

Fiber is a type of carbohydrate that has no calories. Your body uses fiber as an internal cleanser rather than a source of nutrients. One notable effect of this cleansing is fiber's assistance with weight management. Dietary fiber reduces insulin secretion in the body by slowing the rate of nutrient absorption following a meal. In this way, you feel fuller longer, your insulin levels are well regulated and your food digests properly. With high-fiber diets, insulin sensitivity increases and, as a result, body weight decreases. A ten-year study published in the



Key Benefits and Features

- Boosts the fiber in your diet – safely and easily
- Promotes digestive health
- Relieves irregularity
- Promotes a well-functioning colon
- Helps to regulate blood sugar
- Helps maintain cardiovascular health
- Aids in satiety and assists with weight management
- Contains antibacterial and antifungal properties

Journal of American Medical Association confirmed this effect. Those who consumed nine or more grams of fiber per day lost a substantial amount of weight—in some cases as much as nine pounds more—compared to those who consumed less fiber. In a 2014 study published in the *Annals of Internal Medicine*, researchers found that a high-fiber diet was nearly as effective for weight loss as a calorie-restricted diet. Researchers cited that people on a high-fiber diet often felt fuller, and because the diet was more permissive, it was easier to stick to.

Fiber and cholesterol

There are two general types of cholesterol: high-density lipoprotein (HDL) cholesterol and low-density lipoprotein (LDL) cholesterol. LDL cholesterol is commonly referred to as bad cholesterol because it contributes to plaque that can build up in, clog and stiffen arteries. This can lead to a condition known as atherosclerosis which can, in turn, cause heart disease, stroke, heart attack and worse. Soluble fiber has been found to lower both overall and LDL cholesterol. It is believed that fiber helps to reduce the amount of bile reabsorbed in the intestines, causing the body to use its cholesterol reserves to make more bile. Studies have shown that by increasing your soluble fiber intake by 5 to 10g a day you can reduce your bad cholesterol by around five percent.

About fit 'n fiber

As stated previously, fit 'n fiber can add both fiber and flavor to Herbal Fiberblend. With a cheeky dash of zesty orchard peach, fit 'n fiber also makes a welcome addition to any AIM smoothie. Try it with ProPeas and CoCoea LeafGreens. You'll find that it does not disappoint.

As a standalone product, fit 'n fiber is made from the finest natural ingredients and can be used as a daily fiber supplement for overall health. A 2011 study published in the *Archives of Internal Medicine* illustrates fiber's general health benefits and why it's essential. In the ten-year study that examined over 200,000 subjects, researchers saw that people who had the highest amount of fiber in their diets had a 22 percent reduced overall mortality risk when compared to those who consumed the least.

Psyllium

Natural, bulk-forming psyllium has positive effects on regularity, constipation, diarrhea and even more serious health concerns. Once inside the intestines, psyllium swells as it comes in contact with water, forming a bulky stool that is easy to pass and helps the body rid itself of waste more easily.

Multiple studies have found that psyllium helps reduce constipation, lower cholesterol and limit digestive issues. A study published in the *British Medical Journal* found that psyllium produced a 90-point reduction in the severity of symptoms for those suffering from irritable bowel syndrome, almost double the levels of the placebo group.

Oat fiber

Oat contributes insoluble fiber. Derived from the outermost layer of the grain, oat fiber aids in regularity by passing directly through the digestive system, undigested. Its insoluble properties allow it to clean out the colon as it exits, helping to maintain regularity and ward off constipation. Since it goes undigested, oat fiber has no calories. AIM only uses certified, gluten-free oat fiber

Konjac Fiber (Glucomannan)

Konjac fiber's active component is glucomannan, a soluble dietary fiber. Research has shown that konjac fiber works particularly well for constipation. Additionally, this ingredient may likely be effective for the regulation of blood sugar, appetite suppression and cholesterol control.

Acacia Fiber

Used by the ancient Egyptians to treat numerous ailments, acacia fiber is still used today as a first-class source of soluble fiber and has a high digestive tolerance in humans. It is also believed to have some prebiotic qualities. Paired with the probiotic Bifidobacterium, it may relieve some symptoms of irritable bowel syndrome (*World Journal of Gastroenterology 2012*).

Artichoke Leaf Extract and Dandelion Root Powder

In several scientific investigations, artichoke leaf extract has shown promise for people who wrestle with indigestion. As bitter herbs, these extracts may be able to help replenish stomach acid and encourage digestive enzyme production when stomach acid is low. Additionally, these herbs may also be beneficial for liver and gallbladder health.

How to Use

Mix 2 tablespoons (16 g) with 8 oz (240 ml) of water once daily. AIM recommends mixing with AIM ProPeas or Herbal Fiberblend. It is best taken before meals. Adolescents (12-17) should mix one tablespoon once daily.

Take four hours before or after amoxicillin.

Q & A

How much fiber do I need to consume on a daily basis?

The daily recommendation for adults is at least 25 grams of fiber for women and 38 grams of fiber for men. The average fiber intake of adults is only 15 grams a day.

Why isn't inulin in fit 'n fiber orchard peach?

Although inulin is known for some health benefits, it can also cause gas, cramps, bloating and stomach pain. In-house trials have determined that a formulation without inulin can confer the same benefits while eliminating any discomfort.

Is there anyone who should not take fit 'n fiber?

Pregnant or nursing women, people taking prescription medications, people who have difficulty swallowing or people with diabetes mellitus (in which blood sugar is difficult to regulate) should consult a health practitioner before use.

Distributed exclusively by:

My Health Is Worth It

Christine Currie - Member ID #102929

E-mail: christinec@myhealthisworthit.com

Phone: 1-573-559-2808

www.myhealthisworthit.com



www.theaimcompanies.com

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