



AIM LeafGreens™

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Leaves are among the most abundant sources of vital nutrients on the planet. AIM uses revolutionary technology to harness the nutritional value of a select few of those leaves to produce a whole food concentrate, AIM LeafGreens™. This combination of spinach, field pea, faba bean, and barley leaves creates a one-of-a-kind whole food health product. AIM LeafGreens™ is the only product on the market to utilize this unique blend of leaves that work synergistically for optimal health benefits.

The story

"I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did," said Alexander Fleming, the discoverer of penicillin. Those kinds of accidents happen all the time. You start out with one goal in mind, something else – often better – evolves instead. Several years ago, AIM considered developing a soy, rice, pea, or hemp protein product. These proteins are produced from plant seed, bean, or grain; however, they are typically deficient in the amino acids lysine and methionine. AIM harvests barley before it produces grain to ensure a superior nutrient-dense juice powder, so we decided to take the same approach to create a superior plant-based protein. While researching manufacturing processes, we discovered that most protein concentrates and isolates utilize harsh acid and base chemicals that result in denatured or degraded proteins. AIM chose ultra-cold filtration, the least invasive, non-chemical process that preserves the proteins, amino acids, and other nutrients found in each leaf of AIM LeafGreens™. Although protein was the target, we quickly realized that other nutrients, such as iron, concentrated to more than 40 times that of ordinary green juice powders. The process also produces extraordinary levels of vitamin A, vitamin K, chlorophyll, and many beneficial other nutrients. The result: AIM LeafGreens™, a highly concentrated green leaf product exclusive to The AIM Companies™.

Spinach leaf

Spinacia oleracea is a flowering plant native to parts of Asia and its leaf has become one of the most prominent health foods of the 21st century. This vegetable has been a common food in Old World diets for several thousand years, including those in the Middle East and later western Europe.



Spinach is rich in nutrients, including many essential vitamins, minerals, and potent antioxidants. Due to its rich nutritional value, spinach is a suggested addition to most contemporary diets. Spinach contributes much of the 70 percent daily recommended value of vitamin A, which research shows is crucial for new cell growth. This means vitamin A supports vision, healthy skin, hair, and tissues, as well as proper bone growth and tooth development. Choline and inositol, both B vitamins found in spinach, are substances that have been shown to help fight arteriosclerosis, or the thickening and hardening of arteries. The flavonoids found in spinach have been studied extensively for their antioxidant and anti-cancer properties. Specific reports published in the journal *Cancer Epidemiology Biomarkers & Prevention* and the *International Journal of Cancer Research* noted that antioxidants found in spinach might reduce the risk of breast and ovarian cancer.

Research shows that lutein, a nutrient particularly abundant in spinach, may prevent age-related macular degeneration and cataracts. Lutein is a carotenoid found in dark green, leafy vegetables. AIM LeafGreens™ contains nearly 5 mg of lutein per serving, comparable to many standardized lutein supplements on the market. In the body, lutein is concentrated in a small area of the macula, the area of the retina responsible for central vision. Studies show that this concentration of lutein helps protect the eye from oxidative stress and high-energy light. Lutein intake may increase the amount of pigment in the eye and decrease the risk for eye diseases, such as age-related macular degeneration. Lutein also filters blue wavelengths from the visible-light spectrum by as much as 90 percent. Blue light, from both artificial light and sunlight, is believed to induce oxidative stress and possible free-radical damage to both the eyes and the skin.

Among its many documented health benefits, the spinach leaf may also aid in curbing anemia, constipation,

insomnia, obesity, high blood pressure, bronchitis, dyspepsia, and, on the whole, support overall wellness.

Faba bean leaf



Vicia faba is a member of the vetch family and has been cultivated for centuries. All parts of the faba plant are edible, and its seeds have been a staple of human nutrition. Many cultures

have enjoyed the leaves of the faba plant, preparing them similarly to spinach.

As is the case with barley, when the faba plant begins its reproductive cycle, the young plant is at the peak of its nutrition. The nutritional composition of the leaf is different from the actual bean. During this early stage, the plant has an abundance of certain flavonoids. Quercetin, found in the faba bean, field pea, and spinach leaves, belongs to a group of plant pigments, flavonoids, that are partly responsible for the color of many fruits and vegetables. Unlike the synthetic form of quercetin dihydrate found in most supplements, the quercetin found in AIM LeafGreens™ occurs naturally in the leaves. This is important because synthetic quercetin dihydrate is not soluble in water. Thus consumption of this synthetic compound provides no meaningful benefits. The natural quercetin found in AIM LeafGreens™ is more bioavailable and absorbable.

The flavonoid quercetin offers a variety of potential therapeutic uses and benefits. Recent research studies have found quercetin to inhibit the production and release of histamine and other allergic and inflammatory substances. Histamine contributes to allergy symptoms such as runny noses, watery eyes, and the swelling of soft tissue.

Quercetin can also inhibit the aggregation of platelets (abnormal clotting), fibrin, and other blood components that cause obstruction of blood vessels. This flavonoid binds selectively to platelet aggregation on blood vessel walls and restores the natural compound prostacyclin, a vasodilator (opens blood vessels). In other words, quercetin has an anti-clotting function that may help improve circulation.

The anti-inflammatory properties of quercetin have been researched extensively. In one study, quercetin inhibited the inflammation in joints for those with arthritis. There have been several reports of people with rheumatoid arthritis and fibromyalgia who have increased their flavonoid intakes and experienced symptom relief.

Blindness or the loss of vision can result from untreated cataracts. Patients with cataracts have been found to have very high

levels of hydrogen peroxide in the aqueous humor of their eye. In a recent study it was discovered that when quercetin enters the eye it binds with a naturally occurring enzyme in the lens. This newly formed metabolite protects the lens from opacification (becoming cloudy) and oxidative damage from high levels of hydrogen peroxide.

Quercetin is also involved in the reduced production of uric acid. This occurs when the flavonoid inhibits the xanthine oxidase, which can ease gout symptoms.

Dopamine is a hormone and neurotransmitter in the human body and L-Dopa, which is found in faba bean plants, is its chemical precursor. Both compounds are precursors to the well-known neurotransmitters, norepinephrine and epinephrine:

**Tyrosine → L-Dopa → Dopamine →
Norepinephrine → Epinephrine**

L-Dopa is helpful in the treatment of Parkinson's disease, because it can cross the blood-brain barrier whereas dopamine cannot. It is supplemented in the diet to increase libido and human growth hormone, and combines with tyrosine to produce the natural pigment in our skin, melanin.

Field pea leaf

Pisum sativum originated on the Asian continent.

Pea sprouts and leaves have been a part of Chinese cuisine for centuries.



The flavonoid kaempferol is found within the field pea, faba bean, and spinach leaves. Kaempferol inhibits the oxidation of low-density lipoprotein (LDL) and the formation of platelet clusters in the blood, potentially providing benefits for those with arteriosclerosis. This compound has also been found to be a component of the diuretic and natriuretic peptide (polypeptide hormones that regulate the water-sodium balance in the blood), improving urination and the functioning of the kidney cells, thus increasing permeability and circulation. Kaempferol thus improves kidney function, by moderating water retention, and blood glucose levels, which are secondary symptom of diabetes.

Recent research suggests oxidative stress may cause certain neurodegenerative diseases such as Alzheimer's and Parkinson's. A study in 2002 found that flavonoids such as kaempferol can suppress oxidative stresses, which may help prevent such neurodegenerative diseases.

In a population study conducted from 1976 to 1998 in the Nurses' Health Study, it was observed that women who consumed higher amounts of kaempferol were less likely to die of heart disease than women with lower intakes.

Barley leaf

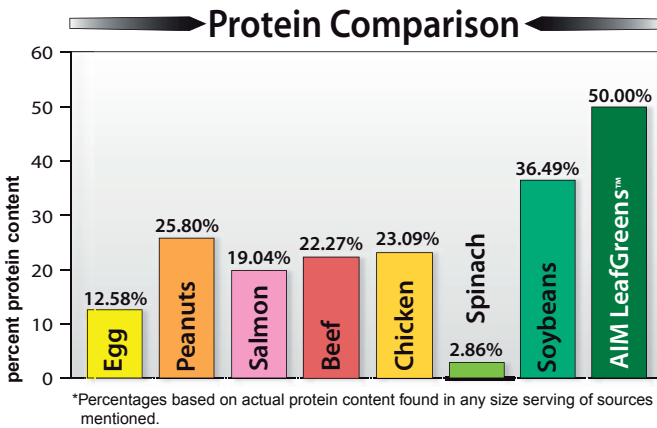
Research in the late 20th century revealed that young barley grass is the most nutritious of the green grasses.

Japanese scientists discovered that the young green barley grass was a remarkably complete source of nutrition, containing a wide spectrum of vitamins, minerals, antioxidants, amino acids, proteins, enzymes, chlorophyll, and photochemicals. Barley leaf concentrate completed the formulation, contributing the highest values for vitamin K and chlorophyll. Vitamin K is essential to the body's utilization of calcium for healthy bone density and to the formation of blood clots to heal wounds. New research indicates that vitamin K may also help prevent the calcification of arteries and regulate blood sugar. Adding the potent barley leaf ensures an optimal blend of leaf concentrates for improved health benefits.

Nutrition

With the synergy of faba bean, field pea, spinach, and barley leaves, AIM LeafGreens™ provides a new angle on green nutrition, especially protein and lutein. Proteins are the building blocks of muscle, skin, blood, and internal organs. Next to water, protein is the most abundant substance in the body.

AIM LeafGreens™ contains 50 percent protein, and the combination of the four leaves creates a truly complete protein. This 50 percent is an impressive amount compared to other whole foods:



It is important to note that AIM LeafGreens™ has 37 percent more protein than soybeans, which are well-known as a protein source. In the above chart spinach is only 2.86 percent protein. This visually demonstrates the high concentration that is achieved in AIM LeafGreens™.

Many protein supplements come from animal sources or from the seeds of plants such as soy, hemp, or rice. Plant seed proteins are deficient in the amino acids lysine and methionine. Animal proteins are high in sulfur and can increase the acidity of the blood, causing a condition also known as acidosis. Calcium is reabsorbed from our bones to neutralize acidosis, resulting in bone loss.

Proteins are composed of amino acids, which are

linked by peptide bonds. Essential amino acids can't be synthesized by the body and must be consumed in the diet. A complete protein is created when no deficiencies exist in the essential amino acids found within the protein. We tested each leaf's amino acid profile and evaluated the strengths and weaknesses of each

leaf when formulating AIM LeafGreens™. The formulation of AIM LeafGreens™ ensures you will receive a complete protein, giving the body all of the essential amino acids it requires for growth and healthy maintenance coming from green leaf sources that alkalize the blood, thus preventing bone loss.

How to use

Mix 2 teaspoons (6 g) with 6 to 10 ounces (180 to 300 ml) of cold water or your favorite beverage. Take once daily on an empty stomach. New users begin with 1 teaspoon.

The process

What makes this product different from anything on the market today? AIM uses an exclusive ultra cold filtration technique. The juice is chilled to below 44 degrees Fahrenheit and concentrated through a series of filters. The ultra cold filtration unit pushes water, salt, sugars, and some potassium through a semi-permeable, thin layer membrane.

Substances are separated when pressure is applied across the membrane, concentrating the remaining leaf juices. With the removal of these unwanted compounds, the juice can be further concentrated to create a viscous slurry of leaf juice. This slurry is then spray-dried into a powder at a low temperature. This mechanical process uses no chemicals or additives, the only addition is pressure.

Through this concentration process, it takes 44 pounds of leaves to make one pound of AIM LeafGreens™. More leaves equal more nutrition.

Q&A

Can I take AIM LeafGreens™ and AIM BarleyLife® at the same time?

Yes. Although the combination of both products is not necessary. If you wish, take one teaspoon of AIM LeafGreens™ and two servings

Nutrition Facts

Serving Size 2 teaspoons (6 g)			
Servings Per Container 38			
Calories 20	Amount per serving	% DV*	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	10 mg	1%	
Potassium	90 mg	6%	
Total Carbohydrates	2 g	1%	
Dietary Fiber	1 g	4%	
Sugar	0 g		
Protein	3 g		
Vitamin A	70%	Vitamin C	0%
Calcium	6%	Iron	84%
Vitamin E	6%	Vitamin K	508%
Riboflavin	12%	Folate	6%
Vitamin B12	8%	Magnesium	4%
Manganese	14%	Chromium	26%

*Percent Daily Values are based on a 2,000 calorie diet

of AIM BarleyLife® at different times of the day.

Are there people who should be concerned about the high levels of vitamin K in AIM LeafGreens™?

According to the *Merck Index*, there is no toxicity for natural vitamin K₁ (from plants). However, those with sensitivities to vitamin K and who are taking blood-thinning medication should regulate their vitamin K intake. Each 6 gram serving of AIM LeafGreens™ contains 406 mcg of vitamin K. AIM suggests beginning with 1 teaspoon, or 3 grams, containing 203 mcg of vitamin K. Your intake should be constant if on medication. Your physician can then determine the proper dosage.

Do I need to take AIM LeafGreens™ if I regularly eat vegetables?

Yes, it would be beneficial. One serving of AIM LeafGreens™ contains as much iron as 18 servings of spinach, as much vitamin K as 50 servings of peas, and many other necessary nutrients that no one vegetable can provide.

What are xanthan gum and rice lecithin, and what role do they have in AIM LeafGreens™?

Xanthan gum is derived from a bacterial fermentation process with the use of the bacteria *Xanthomonas campestris*. This ingredient improves the body and texture of AIM LeafGreens™. Rice lecithin is comprised of phospholipids from brown rice. Phospholipids are the main structural components of our cell walls and improve the solubility and texture of AIM LeafGreens™.

I started taking AIM LeafGreens™ and I feel worse. Why?

When you make a positive change in your diet, your body often goes through a cleansing known as detoxification. This can manifest itself in fatigue, rashes, and headaches. For more information, see AIM's Detoxification datasheet.

Is there anyone who should not take AIM LeafGreens™?

AIM LeafGreens™ is a whole food concentrate. Most people should be able to take it. Those with severe medical problems or on a restricted diet (especially in regard to green foods) should consult a health practitioner before introducing something new to their diets. Women who are pregnant or nursing are advised to consult a health practitioner.

Key Benefits and Features

- Four types of all-natural, nutrient-dense leaf ingredients – spinach, faba bean, field pea, and barley leaves
- Manufactured with cutting-edge ultra cold filtration technology
- Ultra-cold filtration removes nearly all sugars and sodium from AIM LeafGreens™
- The flavonoid kaempferol improves kidney function and inhibits the oxidation of cholesterol low-density lipoprotein (LDL)
- The flavonoid quercetin inhibits the production and release of histamine
- Quercetin reduces the production of uric acid, improving the symptoms of gout
- Anti-inflammatory properties
- L-Dopa from faba bean leaves can reduce the symptoms of Parkinson's disease
- Rich levels of antioxidants
- Vitamin K is crucial to healthy bone density, may help to prevent the hardening of arteries and regulate blood sugar
- Lutein may prevent macular degeneration and protect the skin and eyes from free-radical damage
- 50 percent protein concentrate (from leaves)
Vegetable – alkaline – alternative to animal protein
- Balanced amino acid profile to enable complete protein assembly in the human body
- High levels of natural chlorophyll
- Faba bean leaves increase the libido
- Ideal for low-carbohydrate and low-sugar diets
- Consistent with a diabetic diet
- Appropriate for vegetarian and strict vegan diets
- Smooth and mild citrus taste
- Potent enough to be taken once a day
- Manufactured with conservation farming practices

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