



# AIM ReditBeets®

**AIM ReditBeets® is a whole food concentrate that helps to provide the daily nutrition you need to develop a strong foundation for good health.**

Whole body health results when all body systems are in balance. No single body system is targeted. We make choices that keep all systems toxin-free and supply all systems with optimum nutrition. The result is total wellness—wake up every day feeling great! ReditBeets is one of three all-natural, vegetable juice powder concentrates that make up the AIM Garden Trio®.

## The value of beets

The pigment that gives beets their rich purple-crimson color – betacyanin – is also a powerful cancer-fighting agent. Its effectiveness against colon cancer has been demonstrated in several studies.

Beetroots are known to have medicinal properties, specifically anti-hepatotoxic effects, that is, the ability to counter damaging effects on the liver. For the past three or four centuries, it has been thought to be beneficial for the detoxification of the liver, and it was used for the treatment of hepatitis. The exact mechanism by which beets support the liver remains unknown; however, theories suggest that they effectively limit fat deposits in the liver, probably because of their high concentration of betaine.

Betaine is often referred to as the lipotropic factor because of this ability to help the liver process fats. Betaine is known to lessen inflammation, and it also plays a role in reducing homocysteine. High levels of homocysteine are associated with cardiovascular disease, so betaine supports cardiovascular health.

Beets may also be beneficial for cardiovascular health by lowering levels of bad cholesterol (low-density lipoprotein,

## Key Benefits and Features

- Helps maintain whole body health
- Rich in antioxidants like betacyanin
- Provides cleansing/detoxification effect
- Residue-free red beets
- Pure juice product, minimal fiber present
- Helps to boost nitric oxide levels in the body
- No added sugar, artificial sweeteners or colors
- Benefit of juicing without the inconvenience
- 250 g powder

*The complete Whole Body Health line consists of the AIM Garden Trio®—AIM BarleyLife®, AIM Just Carrots®, and AIM ReditBeets®. Use these products to give yourself a solid foundation for your health.*

or LDL), and triglycerides, while raising levels of beneficial cholesterol (high-density lipoprotein, or HDL).

A 4 g serving of ReditBeets contains about 72 mg of natural beet nitrate. Our bodies convert nitrate to nitric oxide (NO). Nitric oxide improves circulation, which results in lower blood pressure and enhanced athletic performance. Current research suggests the intake of a minimum of 300 mg of nitrate daily to obtain these benefits. This equates to approximately four servings of ReditBeets.

## The value of fresh fruits and vegetables

Fresh fruits and vegetables provide fiber and nutrients that are necessary for digestive health, including phytochemicals and enzymes.

Phytochemicals are simply plant chemicals that are essential to health. They have been found by the American Dietetic Association to be beneficial in at least four of the leading causes of death—cardiac disease, diabetes, hypertension, and cancer.

Enzymes are essential for the thousands of chemical reactions that occur throughout the body: the production of energy at the cellular level, the facilitation of digestion, the absorption of digested nutrients, and the rebuilding and replenishing of all that the body requires for metabolism to occur. Although enzymes are destroyed in the cooking process, they are present in raw fruits and vegetables, and juicing is the best way to ensure that we ingest them.

## Juicing

Juicing is separating the juice of a fruit or vegetable from its fiber. It is a means of receiving optimal nutritional benefit from the fruits and vegetables we eat. Although there is value in eating



raw fruits and vegetables, juicing provides a means to ensure that we are able to ingest and absorb the maximal amount of nutrients available.

A diet without fresh, raw vegetable juices is deficient. This is because when raw vegetables are eaten instead of juices, a large amount of them are used as energy during the digestion and absorption processes. Juices are ingested and assimilated within 15 minutes and this enables the nutrients to be used almost in their entirety for the nourishment of the cells.

RediBeets juice powder provides enzymes and all the health benefits of juicing without having the extra work of cleaning your beets or juicer. Just add water and mix.

### RediBeets

The quarter pound (114 g) of beets used to make a teaspoon of RediBeets is residue-free, which ensures that you will ingest no harmful toxins. When the beets are processed to separate the juice and its valuable nutrients from the fiber, the beets are not subjected to high temperatures that may damage their nutrients.

RediBeets offers a convenient way to make juicing a part of your daily diet and help meet the recommendation to eat five to nine servings of fruits and vegetables per day. One 4-gram serving of RediBeets powder equals 60 mls of fresh beet juice.

### How to use RediBeets

- Take 1 teaspoon (4 g) twice per day. Mix with 4 oz (120 ml) water, juice, or other products in the Garden Trio.
- Drink RediBeets immediately after mixing it.
- RediBeets is best taken on an empty stomach: 30 minutes before or two hours after a meal.
- RediBeets may be taken in conjunction with AIM Red Rush™.

## Q & A

### Can I mix RediBeets with other AIM products?

Yes. Many people enjoy taking RediBeets mixed with any combination of the other two all-natural, vegetable juice powder concentrates that make up the Garden Trio. It should not be taken with AIM Herbal Fiberblend®, however, because the fiber tends to prevent some of the nutrients from being absorbed during digestion. Take Herbal Fiberblend one hour before or 30 minutes after taking RediBeets.

### Is it OK to take more than the recommended serving?

Because beet juice can have a strong effect on some individuals when they use it for the first time (dizziness due to detoxification), it is suggested that you take the recommended serving and then increase gradually to obtain the desired benefits.

### Why do RediBeets taste so sweet?

While there is no processed sugar in RediBeets, it is made up of about 70 percent natural sugars. These natural sugars are what give RediBeets its sweet taste.

### How many beets make one pound of RediBeets?

It takes approximately 20 pounds of beets to make one pound of RediBeets powder.

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