

The AIM Garden Trio® offers three all-natural, vegetable juice powder concentrates, BarleyLife, Just Carrots and RediBeets, providing easily assimilated nutrients from young barley plants, carrots and beets that promote whole-body 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: waking up every day feeling great! The Garden Trio's vegetable, juice powder concentrates help provide the daily nutrition you need to maintain optimal health.

## Juicing

Your diet should include raw fruits and vegetables; however, all of their beneficial nutrients may be difficult for your body to absorb. Juicing is an easy way to get the maximum amount of nutrients. By separating the juice from the fibre, the nutrients are more easily absorbed by the body.

Studies show that juices can provide most of the basics of human nutrition, including carbohydrates, proteins, vitamins, minerals and antioxidants. Juices also contain phytonutrients, natural plant chemicals that are believed to be essential to good health. The Dietitians of Canada recognize that phytonutrients, are involved in helping to lower the rates of several degenerative diseases including type 2 diabetes, certain cancers, high blood pressure, heart disease, gallbladder disease, kidney stones and osteoporosis.

Enzymes are another vital benefit of fresh juices. They are essential for the thousands of chemical reactions that occur throughout the body, such as production of energy at the cellular level, facilitation of digestion, absorption of digested nutrients and rebuilding and replenishing all that the body requires for metabolism to occur.

## Key Benefits & Features

- Each serving of the Garden Trio contains the juice of 7 servings of vegetables
- Helps maintain whole-body health
- Supports a healthy immune system
- Increases energy
- Benefits of a wide spectrum of nutrients—vitamins, minerals, and protein
- Benefits of unique and powerful plant antioxidants, including beta-carotene
- Provides the benefits from live enzymes
- Natural chlorophyll
- Maximum nutrients in natural proportions, minimal fibre
- Benefits of juicing without the inconvenience
- Non-GMO, Gluten-Free, Certified Vegan, Certified Kosher

Juices are essentially liquid food, so your body does not have to break down any fibres to get to the valuable nutrients; they are assimilated quickly (usually within 15 minutes), and this enables the nutrients to be used almost in their entirety for the nourishment of the cells.

The Garden Trio is your daily supply of three powerful vegetable juice concentrates that are guaranteed residue-free and contain no sweeteners or artificial ingredients. Special processing ensures that the nutrients and enzymes remain active, so you can enjoy the benefits of juicing without the mess or inconvenience.

## AIM BarleyLife®

Before the barley plant enters its reproductive cycle that creates the grain, it is at its nutritional peak. Harvested at this early stage of growth, barley grass contains a similar vitamin and mineral composition as dark green vegetables. It is also uniquely rich in nutrients such as vitamin K, beta-carotene, lutein, saponarin and superoxide dismutase (SOD). Additionally, it provides a rich source of antioxidants, enzymes, chlorophyll and phytonutrients.

The diverse combination of nutrients in green barley grass has an alkalizing effect on body pH, providing a natural defence against disease, which cannot survive in an alkaline environment. Research shows that green barley extract provides antioxidant and anti-inflammatory activity, immune system support and cardiovascular support.



BarleyLife is a whole-food concentrate that captures all the nutrients in green barley grass, which is harvested, juiced and dried into a powder at the height of its nutritional value.

For further details, read the BarleyLife datasheet.

### AIM Just Carrots®

Health Canada's Food Guide advises us to "eat at least one dark green and one orange vegetable each day." BarleyLife ensures your green intake, and Just Carrots easily fills the orange void.

It is well established that carrots contain many important nutrients, including beta-carotene and other carotenoids, B vitamins and minerals such as calcium and potassium. Of all of these, beta-carotene has traditionally received the most attention, and Just Carrots has one of the highest natural sources. The body converts beta-carotene into the potent antioxidant vitamin A, which strengthens the immune system and promotes healthy cell growth.

Just Carrots has one of the highest sources of natural beta-carotene and provides 6,370 mcg of vitamin A. In addition to beta-carotene, Just Carrots contains calcium and potassium.

Each canister of Just Carrots contains 22 pounds (48 kg) of carrots. The carrots used in Just Carrots are tested pesticide free, ensuring that you will not be ingesting harmful toxins. A special process is used to produce Just Carrots, which ensures that nutrients and enzymes remain active. This process does not use added sugars, sweeteners, or artificial colors.

Read the Just Carrots datasheet for more information.

### AIM RediBeets®

Raw beetroots contain phosphorus, magnesium, calcium, iron and potassium as well as vitamins A, B3 (niacin), B7 (biotin) and B9 (folate). When these nutrients are captured by juicing, they are much easier to assimilate than synthetic nutrients—most notably, iron.

Beets have anti-hepatotoxic effects. Theories suggest that they support and detoxify the liver by effectively limiting fat deposits in this organ, probably because of the high concentration of betaine, a sweet-tasting organic compound. Betaine may also support cardiovascular health because it plays a role in reducing high levels of homocysteine, an amino acid in the blood.

A 4 g serving of RediBeets 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. 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 RediBeets.

Each canister of RediBeets contains 15 pounds (33 kg) of beets. The beets used in RediBeets are also tested pesticide free. 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.

Read the RediBeets datasheet to learn more.

### How to use the AIM Garden Trio®

#### AIM BarleyLife® (360 g)

Take 1 rounded teaspoon (4 g) in 180 ml of cold water or juice. You may take more or less depending on your needs.

#### AIM Just Carrots® (400 g)

Take 1 tbs (12 g) in 120 ml of cold water or juice once a day.

#### AIM RediBeets® (250 g)

Take 1 tsp (4 g) in 120 ml of cold water or juice twice a day.

Due to the natural sugars in beets and carrots, those concerned about blood glucose levels should consult a health care practitioner prior to use.

These juice powder concentrates are powerful foods and may have a strong effect (e.g., dizziness from detoxification) when taken for the first time, in particular, RediBeets. You may start with half of the recommended daily serving for each product and gradually increase the dose every 4 to 5 days, working up to a full serving.

- You may take BarleyLife, Just Carrots and RediBeets individually or combined.
- Best taken on an empty stomach, 30 minutes before or 2 hours after a meal.
- Mix with cold water or juice. Drink immediately after mixing.

### Q & A

*Can I take more than the recommended servings?*

Each person has different nutritional needs, which should be assessed by each individual.

*Can I take Garden Trio with other AIM products?*

You may take the Garden Trio with other AIM products, although some products are best taken with meals. For optimal absorption of nutrients, take AIM Herbal Fiberblend® or AIM fit 'n fiber one hour before or 30 minutes after taking the Garden Trio.

Distributed by:

