

Leaves are among the most abundant sources of vital nutrients on the planet. **AIM LeafGreens** is a combination of barley leaf, spinach, kale, arugula, Swiss chard, and broccoli sprout powder. LeafGreens is the only product on the market to utilize this unique blend of leaves and sprouts that work synergistically for optimal health benefits. **AIM CoCoo LeafGreens** takes that blend of leaves and added the delectable taste and antioxidant power of cacao and cocoa powders.

### Barley leaf

*Hordeum vulgare* is the most nutritious of the green grasses. Barley leaf contributes to the high vitamin K and chlorophyll. Vitamin K is essential to the body's utilization of calcium for healthy bone density and to the healthy formation of blood clots to heal wounds. New research indicates that vitamin K may also help prevent the calcification of arteries, slow the cognitive decline associated with aging process, and regulate blood sugar. Chlorophyll protects the body from radiation, carcinogens, and DNA damage and helps the body heal wounds, improve regularity, and control odor.



### Spinach leaf

*Spinacia oleracea* is rich in nutrients, including many essential vitamins, minerals, and potent antioxidants. Research shows that lutein, a nutrient particularly abundant in the LeafGreens products, may help with age-related macular degeneration and cataracts. Among its many documented health benefits, the spinach leaf may also aid in curbing anemia, constipation, insomnia, obesity, high blood pressure, bronchitis, and indigestion.



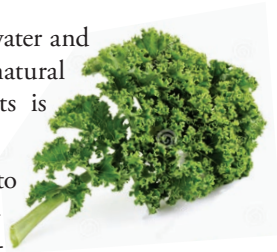
### Kale leaf

Kale (*Brassica oleracea Acephala*) leaf has an abundance of flavonoids. Quercetin, found naturally in kale, arugula, Swiss chard, and spinach leaves, belongs to a group of plant pigments known as flavanoids that are partly responsible for the color of many fruits and vegetables. The synthetic quercetin dihydrate

### Key Benefits and Features

- The flavonoid kaempferol improves kidney function and inhibits the oxidation of LDL cholesterol
- The flavonoid quercetin inhibits the production and release of histamine
- Quercetin can reduce joint inflammation
- Vitamin K is crucial to healthy bone density, may help prevent the hardening of arteries, and may regulate blood sugar
- Lutein may prevent macular degeneration and protect the skin and eyes from free-radical damage
- Sulforaphane can improve cardiovascular and kidney health
- Rich levels of antioxidants
- Ideal for low-carbohydrate and low-sugar or diabetic diets
- High levels of natural chlorophyll, 21 mg per serving
- Certified Non-GMO & Vegan
- Smooth and mild citrus taste
- Contains the recommended 400 µg of sulforaphane per serving

found in most supplements is not soluble in water and thus provides no meaningful benefits. The natural quercetin found in the LeafGreens products is bioavailable and absorbable.



Recent 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 nose, watery eyes, and the swelling of soft tissue. Quercetin can inhibit the inflammation in joints, provide arthritis relief, inhibit the aggregation of platelets (abnormal clotting), and help improve circulation.

### Arugula leaf

Arugula (*Eruca sativa*) contains a group of compounds known as glucosinolates responsible for the distinct flavor of arugula. When digested, glucosinolates are broken down into indoles, nitriles, thiocyanates, and isothiocyanates. These compounds



have been found to deactivate carcinogens, protect cells from DNA damage, and have anti-inflammatory effects.

### Swiss Chard leaf

Swiss chard (*Beta vulgaris*) leaf contains the flavonoid kaempferol. Kaempferol inhibits the oxidation of LDL (bad) cholesterol and the formation of platelet clusters in the blood, providing benefits for those with arteriosclerosis. Kaempferol also plays a role in regulating our blood's water-sodium/glucose balance and kidney cell function often problematic in diabetics. A study in 2002 found that flavonoids such as kaempferol can suppress oxidative stress, which may help with neurodegenerative diseases such as Alzheimer's and Parkinson's. Swiss chard is also a source of syringic acid, a flavonoid that according to study published in the *Journal of Acute Disease* helps to stabilize blood sugars.



### Broccoli sprout

Of the cruciferous vegetables, *Brassica oleracea* sprouts contain the highest concentration of sulforaphane. Sulforaphane is a phytonutrient that may lower inflammatory response and improve cardiovascular health. A study published in 2009 found that oral consumption of sulforaphane reduced inflammation in human airways by increasing naturally occurring enzymes in the body. An animal study in 2004 found that broccoli sprouts decreased stress in both cardiovascular and kidney tissues. One serving of LeafGreens powder provides the recommended 400 µg of sulforaphane daily. A 2015 study found that after drinking sulforaphane-rich juice, protective changes were detectable in the lining of the test subjects' mouths. University of Pittsburgh Schools of the Health Sciences believe these protective changes may reduce the likelihood of oral cancer.



## CoCoo LeafGreens

### Cocoa

CoCoo LeafGreens contains a three-part mixture of cocoa powders: organic cacao powder, organic cocoa powder, and alkalized cocoa.

The organic cacao powder comes from cacao beans and retains the unadulterated cocoa flavor, natural antioxidants, and fiber found in the original bean. The organic cocoa powder and alkalized cocoa are obtained through a hydraulic pressing of cocoa mass whereby cocoa butter is removed from the bean.

Cocoa contains an abundance of antioxidants and flavonoids; over 700 vital compounds have been discovered in cocoa. These compounds contribute to cocoa's support of bone health, its benefits for the cardiovascular system, and its effect on energy. Harvard researchers found that the flavonoids in cocoa may prevent heart disease, and several studies have supported cocoa's positive effect on blood pressure and cholesterol.

Along with these benefits, cocoa also has shown an ability to raise cognitive function and improve mood. An Italian study noted that flavonols in cocoa can be associated with a positive effect on cognitive abilities like verbal fluency, visual searching, and attention. Cocoa's mood-elevating and anti-depressant properties can be traced to compounds like theobromine and phenethylamine, natural stimulants that increase endorphins and dopamine.

### How to use

**LeafGreens:** Mix 1 rounded teaspoon (3.5 g) with 6 to 10 ounces (180 to 300 ml) of cold water or juice. Take once or twice daily. New users begin with 1/2 teaspoon.

**CoCoo LeafGreens:** Mix 1 rounded teaspoon (4g) with 6 to 10 ounces of cold milk or water (AIM recommends almond milk) twice daily. For children 8 years and under, mix 1 rounded teaspoon once daily.

### Q & A

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

Yes, the two products are complementary. Take one teaspoon of LeafGreens and two servings of BarleyLife at different times of the day.

#### I started taking 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 as fatigue, rashes, and headaches. For more information, see AIM's Detoxification Datasheet.

#### Is there anyone who should not take LeafGreens?

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) may wish to limit intake.

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