



AIM

RediBeets®

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

RediBeets is one of three all-natural, vegetable juice powder concentrates that make up the AIM Garden Trio.

The value of beets

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. 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.

Dietary Nitrate

Nitric oxide is produced from nitrate, and the greatest source of nitrate is beet juice. Unlike the nitrates found in processed, preserved foods like hot dogs, natural nitrate from beets is not harmful and is essential to a number of integral reactions and functions in the body.

Nitrate conversion into nitric oxide takes a circuitous route in the body along the nitrate-nitrite-nitric oxide pathway. Nitrate is converted to nitrite by bacteria in the mouth. Nitrite, in turn, is converted to nitric oxide via several possible enzymatic and nonenzymatic routes.

Key Benefits and Features

- Helps maintain whole body health
- Rich in antioxidants like betacyanin
- Provides cleansing/detoxification effect
- Improves circulation
- Helps maintain healthy blood pressure
- Decreases fatigue by reducing lactic acid buildup
- Has cardio and neuro health benefits
- Helps to boost nitric oxide levels in the body
- Promotes fast, full recovery
- Tested pesticide-free
- Pure juice product, minimal fiber present
- No added sugar, artificial sweeteners or colors
- Benefit of juicing without the inconvenience
- 8.82 oz / 250 g powder

* A full nutrition facts panel is available at www.theaimcompanies.com

Nitric oxide provides circulatory and respiratory benefits for the body by relaxing smooth muscles and supporting blood flow to the tissues. This has great impact as the circulation of the blood permeates throughout the body system. Beet juice is an ideal whole food for enhancing circulation naturally and safely through vasodilation, without increasing heart rate.

A study by Queen Mary University discovered that volunteers who drank one cup of beet juice experienced lower blood pressure within twenty-four hours.

One serving of RediBeets contains about 72 mg of natural beet nitrate. Current research suggests the intake of 300 mg of nitrate daily to obtain these benefits. This equates to approximately four servings of RediBeets.

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.

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 the enzymes, phytochemicals 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 15+ pounds of beets used to make one canister of RediBeets are tested pesticide-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 milliliters 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.

Suggested Serving of RediBeets for Athletes

- Mix 4 teaspoons (16 grams) with 6 to 10 ounces of water. Take once daily one to two hours prior to an activity.
- Drink RediBeets immediately after mixing it.
- RediBeets is best taken on an empty stomach: 30 minutes before or two hours after a meal.

Q & A

Who can benefit from beet juice?

Anyone can benefit from beet juice. As we age, our bodies become less efficient at producing nitric oxide. By the time you're forty, studies show you're only making about half or less of what you made when you were twenty.

Can I mix RediBeets with other AIM products?

Yes. Many people enjoy taking RediBeets mixed with the Garden Trio. Fiber tends to prevent some of the nutrients from being absorbed during digestion so take Herbal Fiberblend one hour before or 30 minutes after taking RediBeets.

Is it OK to take more than the recommended serving?

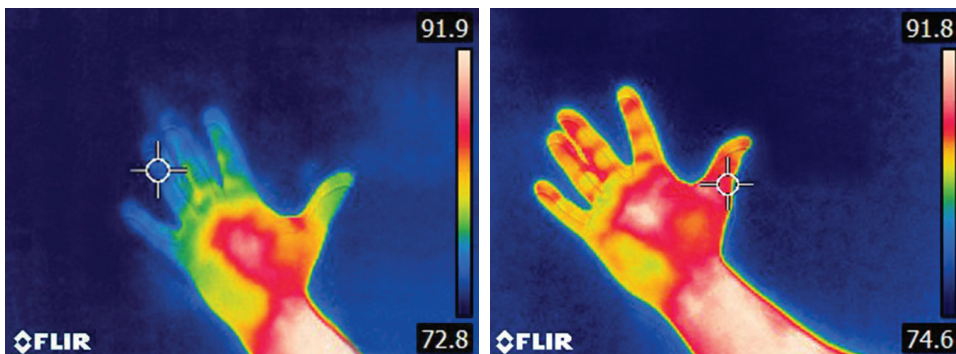
Because beet juice can have a strong effect on some individuals when they use it for the first time (dizziness due to detoxification), it is suggested that you start with the regular recommended serving and gradually increase to the athlete serving.

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.

Can RediBeets turn my urine pink?

Yes. This effect is called beeturia. Beeturia is the passing of red- or pink-colored urine caused by beet consumption.



LEFT: The blues and greens indicate poor circulation and cooler temperatures in the fingers with the warmer palm showing yellow and red. **RIGHT:** Two hours after drinking the athletic serving of RediBeets, the hand has warmed up significantly, indicating improved circulation with the reds and yellows on fingers and the warmest white in the center of the palm.

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