



AIM FloraFood®

Healthy bacteria: Digestive problems are the #1 health problem in North America. While gas, bloating, constipation, diarrhea, and passing undigested food may be common occurrences for many people, these symptoms are not normal (in adults or children) and should be considered warning signs of an imbalance. More serious concerns – from hemorrhoids to colon cancer – may result if your diet is not properly addressed. Poor absorption of nutrients has subtle but serious long-term effects. Chewing food properly is one step that is often overlooked, but perhaps more important is ensuring that enough healthy bacteria live inside the intestinal tract. These good bacteria (also called probiotics) help to digest food, support the immune system, maintain healthy cholesterol levels, and manufacture certain vitamins (such as folic acid, B₆, B₁₂, and K) and amino acids. The right balance of probiotics in the gut helps protect from environmental toxins and harmful molds, yeasts, parasites and other microbes. According to Dr. Michael Murray, N.D. (in *The Encyclopedia of Nutritional Supplements*), intestinal flora also influences the development of cancers and the aging process. As well, healthy bacteria are a vital part of immune system function and cholesterol metabolism.

There are approximately one hundred trillion bacteria in the digestive system. The human body naturally houses both “friendly” and “unfriendly” populations of bacteria. These populations easily grow out of balance when we consume too much sugar, yeast or alcohol, resulting in overgrowth of *Candida albicans* among other dietary concerns. Unhealthy gut bacteria can grow excessively when we are ill and when we come in contact with pathogens (such as *E. coli* and *Salmonella*) from poor food handling or an unsanitary environment. If we make a consistent effort to ensure that the intestinal tract has a strong population of friendly bacteria, these will act to crowd out undesirable pathogens that come along. As researchers recognize, the key is to supplement with

human strains that are meant to be in the human body – as opposed to non-human (animal or vegetable) strains, which may not adhere properly to the intestinal walls. If the bacteria do not stick to the walls of the gut, then they will not be able to protect against the invasion of bad bacteria that come along. Healthy bacteria also produce natural substances that can prevent the growth of harmful bacteria and fungi.

Although many people believe that yogurt provides a sufficient supply of healthy bacteria, sadly this is not true. Commercially made yogurt is commonly prepared using inexpensive species of transient bacteria that have no real benefits for humans. In addition, as yogurt sits in the cooler at the grocery store, it produces acid that kills good or neutral bacteria rather than allowing them to flourish. Even homemade yogurt made fresh with healthy bacteria does not contain enough probiotics for real beneficial effects. A high quality supplement goes much further to remedy the imbalances created by today's lifestyle.

AIM FloraFood®

AIM FloraFood® provides healthy bacteria that the intestines crave, allowing the digestive system to work optimally. This foundational approach to a vibrant lifestyle also helps to support immunity and maintain healthy cholesterol levels. AIM FloraFood® contains a proprietary blend of three powerful and proven bacteria: *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium longum*, all from a healthy human source. Each capsule contains 1 billion active bacteria – the amount generally recommended because it has been shown to be clinically effective. Clinical studies (such as one done at university hospitals in Japan) have revealed no side effects. The bacteria are cultured in a laboratory environment, and AIM FloraFood® is stable at room temperature (25° C) due to its unique processing method. Unlike many other probiotic products on the market, the bacteria in AIM FloraFood® remain dormant until they hit moisture. The potency of the bacteria in AIM FloraFood® is therefore guaranteed until expiry (three years from the date of manufacture).



Action of Ingredients

- **Lactobacilli:** *Lactobacillus acidophilus* is one of the most extensively studied species of friendly bacteria found in the digestive tract, living and flourishing predominantly in the small intestine. *Lactobacilli* produce lactic acid in the gut, making it an unsuitable home for unfriendly bacteria. *L. acidophilus* is commonly recognized for its ability to inhibit microorganisms that produce disease in the vagina and urinary tract, especially *Candida albicans*. Another benefit is its ability to aid in developing natural defences against foreign intestinal microbes, boosting the immune system. One study, reported in 2002 in the *Journal of the Medical Association of Thailand*, showed that *L. acidophilus* has an inhibitory effect against *Helicobacter pylori*, the bacterium considered to be a main cause of peptic ulcers.
- **Bifidobacteria:** *Bifidobacteria* live in the large intestine, or colon, where they produce some necessary vitamins. They have been used to address intestinal disorders and to support the immune system. In an *in vitro* study reported in *Letters of Applied Microbiology* (1995), bifidobacteria were shown to help remove cholesterol; this offers hope for people working to keep their cholesterol levels healthy. Specifically, *Bifidobacterium bifidum* is especially good at enhancing the body's immune response and inhibiting harmful enzymes, as reported in the *Archives of Pharmacal Research* in 1998. *Bifidobacterium longum* is recognized by *The Lancet* (1987) as being beneficial in relieving gastrointestinal distress caused by antibiotic medications, which kill both bad and good bacteria.

Recommended use: AIM FloraFood® is designed to help balance the growth of healthy bacteria in the intestinal tract. This digestive support is especially significant for travelers and for people who wish to prevent overgrowth of yeast or unhealthy bacteria (such as *Candida albicans* or *Helicobacter pylori*). AIM FloraFood® is an important choice for people who have taken antibiotics or who have eaten meat from animals that may have been treated with antibiotics. AIM FloraFood® is best taken with meals so that the stomach acid stays busy digesting food rather than attacking the healthy bacteria.

You may take AIM FloraFood® with other AIM products; however, AIM PrepZymes® will break down the bacteria in AIM FloraFood®, so they should be taken at separate meals.

Recommended dose: Take one capsule with meals twice daily. As AIM FloraFood® is a food product, you may wish to take more or less depending on your needs. If uncertain, consult a healthcare practitioner.

Risk information: Pregnant or lactating women and people with a medical condition should consult a healthcare practitioner prior to use.

Key Benefits:

- Promotes healthy intestinal flora while helping to crowd out bad bacteria
- Maintains digestive and intestinal health
- Helps repopulate beneficial bacteria after taking antibiotics
- Balances intestinal pH
- Supports the strength of the immune system
- Alleviates gas and bloating
- Promotes regular bowel movements
- Protects travelers from digestive upset
- Bacteria manufacture important vitamins, especially B vitamins
- May help maintain healthy serum cholesterol levels

Features:

- Unique blend of human-sourced *L. acidophilus*, *B. bifidum* and *B. longum*
- Encourages population of friendly bacteria throughout the digestive tract
- Dairy-free, yeast-free, sodium-free, gluten-free
- Ability to survive stomach acid
- Guaranteed shelf stable at room temperature (25° C) until expiry
- Amber glass bottles support product stability by protecting bacteria from moisture
- 60 vegetarian capsules per bottle
- Each capsule contains a clinically effective dose of 1 billion CFU (colony-forming units of active bacteria)

Other products to help maintain your digestive health are AIM BarleyLife®, AIM Herbal Fiberblend®, AIM FibreBalance® and AIM PrepZymes®.

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