

AIM Herbal Fiberblend since 1971

It takes years, even decades to get an impacted, clogged plaque-coated intestinal tract.

There is no magic pill that will clean it up quickly.

You will have to take the time and use the right products to cleanse and heal YOUR GUT.

AIM Herbal Fiberblend is a unique product that combines the benefits of psyllium, a soluble fibre, with those of selected cleansing herbs. This combination results in a product that provides you with important fibre and special cleansing properties.

Two tablespoons of **AIM Herbal Fiberblend** contain 12 to 13 grams of fibre and most nutritionists recommend getting 25 to 40 grams of fibre a day. The bulking power of fibre contributes to reduced transit time for digested food through the intestinal tract, a more thorough evacuation of waste, & regularity of bowel movements.

AIM Herbal Fiberblend is a powerful detoxifying product. Psyllium binds toxins in the faeces so that they are not absorbed back into the bloodstream. It sweeps" out the digestive tract so that it can absorb more nutrients more efficiently.

How to use AIM Herbal Fiberblend

- Start with 1 tsp (3g) in a mug of lukewarm water.
- Stir well and drink immediately at least 30 minutes before breakfast and supper.
- Drink another mug of lukewarm (or room temperature) water after that.
When you take the capsule: Take 3-6 at a time with 500ml of room temperature water.
- Remember: Herbal Fiberblend is a cleaner and healer, it is NOT A LAXATIVE.
- If you skip a day, take a herbal laxative or Epsom salt to remove the blockage and carry on again.
- Children should start by taking 1/2 teaspoon (1,5g) a day and gradually increase to 1 teaspoon (3g) a day.
- Remember that the more fiber you consume, the more water you should drink.

The recommended serving is based on weight:

Up to 68 kg	1 Tablespoon (9g)
68 kg to 90 kg	1,5 Tablespoons (13.5g)
90 kg +	2 Tablespoons (18g)

What is in AIM Herbal Fiberblend?

- * Alfalfa
- * Pumpkin Seed
- * Black Walnut Hulls
- * Shavegrass
- * Cascara Sagrada
- * Slippery Elm Bark
- * Hibiscus Flower
- * Stevia
- * Irish Moss
- * Violet
- * Licorice Root
- * Witch Haze
- * Marshmallow Root
- * Yucca
- * Mullein
- * Paprika#
- * Oatstraw
- * Capsicum#
- * Passionflower
- * Psyllium husks

Note: *A few people, notably healthcare providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium, resulting in an allergic reaction. Pregnant or lactating women should consult their health practitioner.*

Although many gastrointestinal problems are serious and a health practitioner should be consulted, one of the best preventative measures people can take is to eat a healthy diet. Many digestive problems do not occur in countries and among people who have a diet low in saturated fat, low in refined sugar and processed food.

The work of the digestive system is to capture the nutrients from the foods we eat and eliminate what is left. The digestive process begins as soon as we start to eat. The entire process - from input to output - takes about 24 hours.



To be constipated and keep the waste inside is harmful to our bodies.

Gut problems are almost always accompanied by parasites, worms, and candida. It is advisable to use a herbal dewormer for three weeks to 3 months when you start with **Herbal fibreblend**. Add an anti-fungal like PLUS (Pharmawell) for best results.

For more information on GUT health visit our website: www.emagenes.co.za





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