

fresh focus!

Supplement to AIM Living Well magazine • Vol. 5: Active Aging

Skin



Eyes



Immune System



ACTIVE AGING



Blood Vessels



Brain



Bones



Nutritional Needs for an Aging Population

It gets harder for the aging body to absorb nutrients, such as vitamins and minerals. Being on medications also affects absorption.

Older adults often lack micronutrients: magnesium, zinc, vitamin E, vitamin D, folate, vitamin C and vitamins B6 and B12.

Diet affects the most common age-related diseases: cancer, heart disease, diabetes and osteoporosis.

Deteriorating vision, palette and cognitive functioning often lead to poorer food choices.

A healthy diet, moderate exercise and quality supplementation go hand in hand with active aging.



AIM Proancynol[®] 2000

An illustration of an elderly man and woman. The man is on the left, wearing a red t-shirt and grey shorts, holding a green dumbbell in each hand. The woman is on the right, wearing a green t-shirt and black leggings, with her right arm raised and hand on her head. They are standing on a light grey shadow.

The greater variety of antioxidants you take during your lifetime, the greater your chances of a long, healthy life.

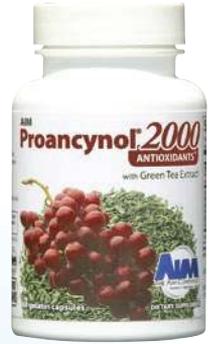
Green Tea

A vibrant green tea plant with several large, bright green leaves. The background is a soft, hazy blue and green, suggesting a bright, sunny day. Sunlight rays are visible, creating a warm and healthy atmosphere.

Of all the teas in the world, **green tea** contains the highest concentration of powerful antioxidants called polyphenols. The most studied green tea polyphenol is epigallocatechin gallate (EGCG), which helps to prevent a long list of life-threatening diseases and reactivate dying skin cells.

A UNIQUE FORMULA OF 7 INGREDIENTS RICH IN MANY ANTIOXIDANTS

- **ANTIOXIDANTS** neutralize free radicals.
- Free radicals can damage your body, impair your immune system and accelerate aging.
- Aging occurs when there is cell death.
- **STOP FREE RADICAL DAMAGE** with antioxidants.



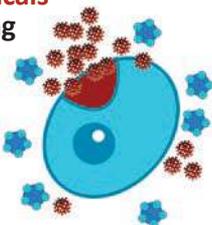
Tips from Members – When traveling, especially by plane, strengthen your immune system by taking two capsules of Proancynol 2000 for breakfast, lunch and dinner. Do the same at the first start of a cold and if battling age-related conditions.

Free radicals

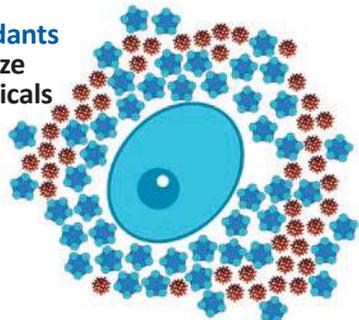
- damage protective membranes of your cells
- may alter cellular genetic material
- weaken the immune system
- increase the risk of cancer and other age-related diseases

All of the above factors age you before your time.

Free radicals
damaging
a cell



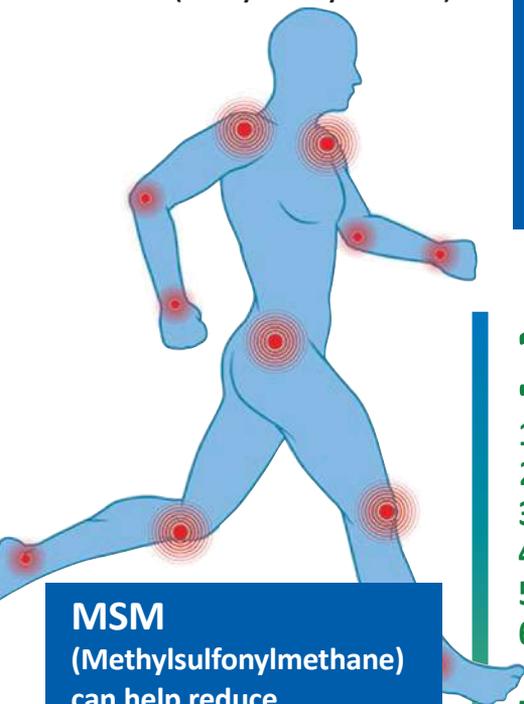
Antioxidants
neutralize
free radicals



AIM *Frame*Essentials®

Supports joint health and relieves osteoarthritic pain with **four ingredients**:

- **Glucosamine Sulfate**
- **Glucosamine Hydrochloride**
- **Boswellia Extract**
- **MSM (Methylsulfonylmethane)**



MSM

(Methylsulfonylmethane) can help reduce inflammation and repair joints and tissue. Research has shown that those suffering from arthritis are deficient in MSM.

Glucosamine Sulfate and Hydrochloride fight the wear and tear of aging. These two glucosamines are important in the formation of cartilage, tendons, ligaments and synovial fluid.

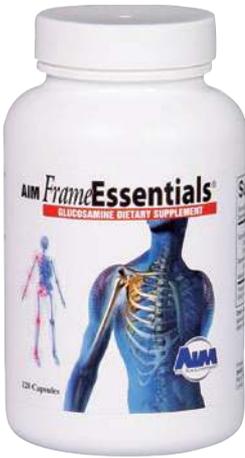
10 Reasons to take Frame Essentials

- 1 Keeps joints strong and healthy
- 2 May reduce joint pain and muscle aches
- 3 Effective against osteoarthritis symptoms
- 4 Reduces inflammation
- 5 Maintains musculoskeletal health
- 6 May provide relief from sports injuries, tendonitis and muscle aches
- 7 Reduces inflammation caused by exercise
- 8 Enhances the immune system
- 9 For healthy skin
- 10 Suitable for long-term use

“Last year I fractured my foot as well as two toes. I immediately took **Frame Essentials**. I did not need to take any painkillers. Frame Essentials not only helped relieve the pain, it also contributed to less inflammation and a speedy recovery. Now I am using it regularly for healthy joints as well!”

— **Joan van Rensburg, Chairman’s Club Director**

Testimonials should not be construed as representing results everybody can achieve. These statements have not been evaluated by the U.S. Food and Drug Administration. AIM products are not intended to diagnose, treat, cure, or prevent any disease.



5 Nutritional Strategies for Knee Pain

- 1 Glucosamine and MSM
- 2 Antioxidants to Fight Chronic Inflammation
- 3 Vitamin D
- 4 Vitamin C
- 5 Vitamin B3



Boswellia Extract improves blood supply to the joints, reduces joint swelling, maintains mobility and reduces pain from stiffness.

“I gave **Frame Essentials** to a friend who had knee surgery and he couldn’t believe that he didn’t have pain and didn’t have to take the pain meds that the doc gave him. It has helped in his recovery!”

– Alice Muradyan, Director

Common Risk Factors of Osteoarthritis

- Aging
- Females at Greater Risk
- Lack of Exercise
- Being Overweight
- Genetics
- Previous Joint Injury or Infection
- Poor Posture
- Overuse of Joints

Healthy Joint



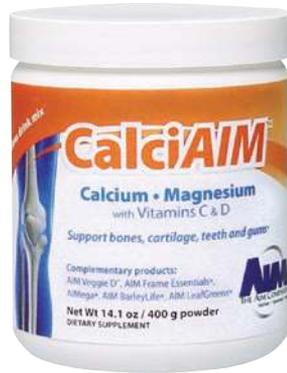
Osteoarthritis



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10 Reasons to Get More **CalciAIM™**

- 1 Improves bone strength
- 2 Blood pressure health
- 3 Maintaining a healthy body weight
- 4 May reduce PMS symptoms
- 5 Shown to improve mortality rate in women
- 6 Keeps teeth strong
- 7 Aids gum health
- 8 Paired with vitamin D, it may lower chances of colon cancer
- 9 May improve fertility in both sexes
- 10 Great for maintaining alkalinity



The Physician's Desk Reference states, "The average person can only absorb twenty percent of calcium from tablets and thirty percent from capsules. Solubilized in a beverage, calcium powder provides approximately 98 percent of its bioavailable elemental calcium."



CalciAIM also contains magnesium, L-lysine, zinc and vitamins C and D to enhance the absorption of calcium.

Benefits of Vitamin C

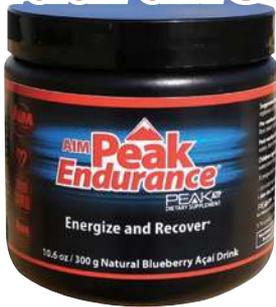
- Boosts the Immune System
- Protects the Cardiovascular System
- Plays a role in wound healing
- Guards skin against UV free radical damage

"Well, I am very pleased with **CalciAIM**. I somehow missed going to the dentist for three and a half years (just things going on in our family) and when I finally went, I had NO cavities. I was surprised and thrilled to say the least."

— Rita Vandertil, Star Sapphire Director

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AIM Peak Endurance®



ATP Adenosine triphosphate is the major energy currency for every function that occurs within each cell of your body. If ATP is depleted, your cells cease to function properly, leading to degenerative disease caused by stress or aging.

ATP increases energy levels and reduces fatigue.

Fun Facts about ATP

- At any given time, 20 percent of your energy is used by ATP balancing your sodium and potassium levels.
- Scientists believe that even the most ancient of single-celled organisms used ATP for energy.
- Oral ATP supplementation has been found to increase recovery from exercise.



B Benefits

B vitamins work together and individually to convert food into fuel that energizes you, helping your body run optimally. B benefits are plenty, everything from promoting healthy skin, hair, liver, brain and digestive and nervous systems to helping prevent heart disease and early aging.

- **Vitamin B1 (Thiamin)**
- **Vitamin B2 (Riboflavin)**
- **Vitamin B3 (Niacin)**
- **Vitamin B5 (Pantothenic Acid)**
- **Vitamin B6 (Pyridoxal, Pyridoxine, Pyridoxamine)**
- **Vitamin B12 (Cobalamin)**

Top 5 Reasons to Take Electrolytes

- 1 Reduces Risk of Cramping
- 2 Keeps Your Body in Balance
- 3 Allows for Peak Performance
- 4 Protects Muscles against Damage
- 5 Helps the Body Maintain Fluid Balance

+electrolytes-

Common Areas Affected by Aging

Skin becomes wrinkled and less elastic

Nutritional Help: Vitamin C, Vitamin B Complex, Selenium, Copper, Zinc, Alpha Lipoic Acid, Green Tea Polyphenols

Hair becomes thinner and lacks luster

Nutritional Help: Vitamin C, Vitamin B2, Vitamin B5

Vision becomes weaker and prone to eye disease

Nutritional Help: Vitamin C, Antioxidants

Loss of sleep commonly reported

Nutritional Help: Magnesium, Vitamin B6, Calcium, Lycopene, Selenium, Vitamin C

Metabolism slows

Nutritional Help: ATP, Green Tea Polyphenols, Vitamin D, Antioxidants, B vitamins

Bone loss

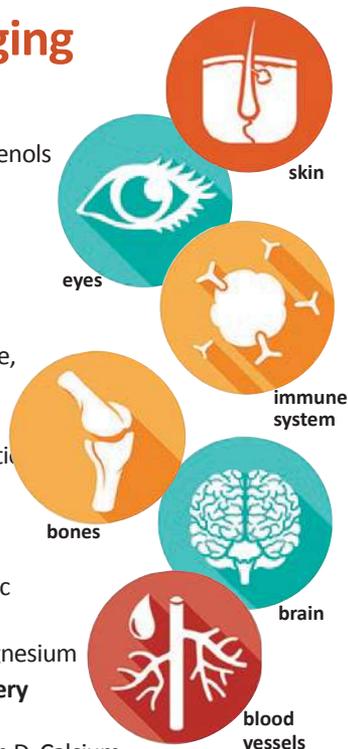
Nutritional Help: Calcium, Vitamin D, Vitamins B6, B9, B12, Magnesium, MSM, Glucosamine, Boswellia Extract, Zinc

Blood flow to the brain often impaired

Nutritional Help: Antioxidants, Green Tea, Vitamin B12, Magnesium

Circulation may decrease, veins become less flexible and artery walls may be narrower

Nutritional Help: Magnesium, Antioxidants, Lycopene, Vitamin D, Calcium



The next *fresh focus!* supplement on Heart Health (Volume 6) will be available in October.

For **Nutrition that Works!** contact:

The logo for 'Your Good Health' features a purple circle with a yellow border. Inside the circle, the words 'Your Good Health' are written in yellow, with 'Your' on the top line, 'Good' in the middle, and 'Health' on the bottom line. A small yellow leaf icon is positioned above the word 'Your'.

FOR MORE INFORMATION
WWW.YOURGOODHEALTH.COM.AU



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