



AIM RediBeets®

Whole body health results when all body systems are in balance. No single body system is targeted—we make choices that keep all systems toxin-free and that supply all systems with optimum nutrition. The result is total wellness: waking up every day feeling great! AIM RediBeets® is one of three all-natural, vegetable juice powder concentrates that make up the AIM Garden Trio®. RediBeets helps provide the daily nutrition you need to develop a strong foundation for your good health.

The value of beets

One cup of raw beets contains phosphorus, sodium, magnesium, calcium, iron, and potassium as well as vitamin A, niacin, folic acid, and biotin. When these nutrients are captured in a juicing process, they remain in a form that is much easier to assimilate than synthetic nutrients. The iron in beet juice, in particular, is noted for being more easily assimilated than other forms of iron supplements.

Potassium, in particular, is essential for all cellular functions. Along with sodium, it regulates water balance and acidity-alkalinity balance in the blood and tissues. It is often depleted with aging, in degenerative disorders, and with a highly refined diet that is high in sugar.

Beetroots contain nutrients that help with blood pressure reduction, heart disease prevention, endurance, and brain function. A study from the University of Exeter found that beets boost athlete performance and stamina and allow people to exercise for up to 16 percent longer. For brain health, beets assist by improving blood flow to the brain. Poor blood flow to the brain has been linked to the onset of dementia.

Historically, beetroots have been 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

Key Benefits and Features

- Helps maintain whole body health
- Provides cleansing effect
- Residue-free red beets
- Pure juice product, minimal fiber present
- Nutrients in natural proportion
- No added sugar, artificial sweeteners, or colors
- Benefit of juicing without the inconvenience
- 8.8 oz (250 g) powder

liver, and it was used for the treatment of hepatitis. 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 also plays a role in reducing homocysteine. High levels of homocysteine are associated with cardiovascular disease, so betaine is thought to support cardiovascular health.

Beets also contain biochanin A, a potential cancer-fighting agent.

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 thought to be essential to health. They have been found by the American Dietetic Association to be beneficial in at least four of the leading causes of death—cardiac disease, diabetes, hypertension, and cancer.

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.

AIM RediBeets

The quarter pound of beets used to make a teaspoon of RediBeets is residue-free. 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.

A diet without fresh, raw vegetables is deficient. This is because when raw vegetables are eaten instead of juices, a large amount is 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.

How to use AIM RediBeets

- Take 1 tsp (4 g) twice per day. Mix with 4 oz water, juice, or other members of the Garden Trio.
- 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 take the recommended serving. Do not exceed two servings per day without the advice of a health practitioner.
- 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

Can I mix RediBeets with other AIM products?

Yes. Many people enjoy taking RediBeets mixed with one or both of the other two all-natural, vegetable juice powder concentrates that make up the Garden Trio. It should not be taken with AIM Herbal Fiberblend®, however, because the fiber tends to prevent some of the nutrients from being absorbed during digestion. Take AIM Herbal Fiberblend one hour before or 30 minutes after taking RediBeets.

Is it OK to take more than the recommended serving?

Each person has different nutritional needs, which should be assessed by each individual. However, beet juice can have a strong effect on some individuals when they incorporate it into their diets for the first time. For this reason, it is suggested that users take the recommended amount of RediBeets at first and increase gradually.

Why do AIM taste quite 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.

Is there anyone who should not use RediBeets?

Diabetics and those concerned about blood glucose levels should consult a health practitioner before using RediBeets.

How many beets make one pound of RediBeets?

It takes approximately 25 pounds of beets to make one pound of RediBeets powder.

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