



AIM fit 'n fiber™ Orchard Peach

AIM fit 'n fiber orchard peach is an everyday fiber supplement for safe, effective and consistent results. It provides ten grams of dietary fiber through a unique array of synergistic herbs as well as fiber from psyllium husk, oat, apple, acacia, flax seed and konjac. Fiber has been proven effective for regularity, appetite control and cholesterol and weight management.

A great companion to AIM's Herbal Fiberblend, fit 'n fiber provides a boost of flavor to one of AIM's most effective and historic products. On its own, fit 'n fiber is a healthy and tasty way to increase your fiber intake with ten calories per serving.

Fiber

The two varieties of fiber—insoluble and soluble—work together to detoxify and cleanse the body. Insoluble fiber moves through the intestinal tract like a scrub brush, bulking up and helping eliminate any toxins and waste. Soft, soluble fiber, which becomes a gel when mixed with water and digestive enzymes, prevents and reduces the absorption of harmful substances while helping regulate blood sugar and reduce cholesterol. It also slows down the movement of food through the intestines which contributes to feelings of fullness.

Prebiotics for a healthy microbiome

The microbiome in the human gut can be thought of as a mini-ecosystem of microorganisms made up of an average of 100 trillion bacteria. It's makeup and overall health depends on probiotics (good bacteria) and pathogens (bad bacteria) living together in harmony. When bad bacteria overpopulate

the microbiome, this symbiotic relationship becomes unbalanced and results in illness or disease.

Scientific research emphasizes the vital role that specific fibers play in the health of the gut microbiome: prebiotics for probiotics (food for good bacteria). All prebiotics are fiber but not all fibers are prebiotics. Increasing prebiotics yields higher numbers of good bacteria without stimulation of bad bacteria.



Key Benefits and Features

- Provides 8 grams of prebiotic fiber per serving
- Boosts the fiber in your diet – safely and easily
- Promotes digestive health
- Relieves irregularity
- Promotes a well-functioning colon
- Helps to regulate blood sugar
- Helps maintain cardiovascular health
- Aids in satiety and assists with weight management
- Contains antibacterial and antifungal properties

When you maintain a high prebiotic fiber intake, you are continually promoting bacterial balance in your gut by providing food for health-protecting probiotics. These good bacteria are involved in a number of functions that help to keep you alive; for example:

- digestion of food
- absorption of nutrients
- production of vitamins
- formation of short-chain fatty acids (main nutrient of cells lining the colon)
- protection from disease-causing pathogens

To provide food for good bacteria, fit 'n fiber contains three prebiotic fibers: acacia fiber, konjac fiber (glucomannan) and guar gum.

Fiber and a healthy weight

Fiber is a type of carbohydrate that has no calories. Your body uses fiber as an internal cleanser rather than a source of nutrients. One notable effect of this cleansing is fiber's assistance with weight management. Dietary fiber reduces insulin secretion in the body by slowing the rate of nutrient absorption following a meal. In this way, you feel fuller for a longer period of time, your insulin levels are well regulated and your food digests properly. With high-fiber diets, insulin sensitivity increases and, as a result, body weight decreases. A ten-year study published in the *Journal of American Medical Association* confirmed this effect. Those who consumed nine or more grams of fiber per day lost a substantial amount of weight—in some cases as much as nine pounds more—

compared to those who consumed less fiber. In a 2014 study published in the *Annals of Internal Medicine*, researchers found that a high-fiber diet was nearly as effective for weight loss as a calorie-restricted diet. Researchers cited that people on a high-fiber diet often felt fuller, and because the diet was more permissive, it was easier to stick to.

Fiber and cholesterol

There are two general types of cholesterol: high-density lipoprotein (HDL) cholesterol and low-density lipoprotein (LDL) cholesterol. LDL cholesterol is commonly referred to as bad cholesterol because it contributes to plaque that can build up in, clog and stiffen arteries. This can lead to a condition known as atherosclerosis which can, in turn, cause heart disease, stroke, heart attack and worse. Soluble fiber has been found to lower both overall and LDL cholesterol. It is believed that fiber helps to reduce the amount of bile reabsorbed in the intestines, causing the body to use its cholesterol reserves to make more bile. Studies have shown that by increasing your soluble fiber intake by 5 to 10 g a day, you can reduce your bad cholesterol by around 5 percent.

A 2007 study in the *British Journal of Nutrition* found that among the 200 individuals that received **8 to 12 grams** of soluble fiber through supplementation daily for 16 weeks improved cholesterol levels in overweight and obese subjects and also lost nearly 9 pounds more than those who received a placebo. Among those individuals, satiety (feeling of fullness) was reported to increase after the consumption of soluble fiber and high-fiber foods. Cholesterol levels were also monitored during this study and LDL (bad) cholesterol levels (which is a cardiovascular risk marker) decreased by 0.24 to 0.38 $\mu\text{mole/L}$ (or **21.4 to 33.8 mg/dl**) compared to the placebo group that decreased by only 0.06 $\mu\text{mole/L}$ (or 5.3 mg/dl). Improvements in the ratio of total cholesterol to HDL (good) cholesterol and HDL to LDL were also reported.

About fit 'n fiber

As a standalone product, fit 'n fiber is made from the finest natural ingredients and can be used as a daily fiber supplement for overall health. A 2011 study published in the *Archives of Internal Medicine* illustrates fiber's general health benefits and why it's essential. In the ten-year study that examined over 200,000 subjects, researchers noted that people who had the highest amount of fiber in their diets had a 22 percent reduced overall mortality risk when compared to those who consumed the least.

Konjac Fiber (Glucomannan)

Konjac fiber's active component is glucomannan, a soluble dietary fiber that provides prebiotic food for probiotics. Research has shown that konjac fiber works particularly well for constipation. Additionally, this ingredient may likely be effective for the regulation of blood sugar, appetite suppression and cholesterol control.

Acacia Fiber

Used by the ancient Egyptians to treat numerous ailments, acacia fiber is still used today as a first-class source of soluble fiber and has a high digestive tolerance in humans. A 2008 study showed that consuming acacia fiber (also known as gum arabic) daily for four weeks significantly increased the numbers of Lactobacilli and Bifidobacteria. Paired with the probiotic Bifidobacterium, it may relieve some symptoms of irritable bowel syndrome (*World Journal of Gastroenterology 2012*).

Artichoke Leaf Extract and Dandelion Root Powder

In several scientific investigations, artichoke leaf extract has shown promise for people who wrestle with indigestion. As bitter herbs, these extracts may be able to help replenish stomach acid and encourage digestive enzyme production when stomach acid is low. Additionally, these herbs may also be beneficial for liver and gallbladder health.

How to Use

Mix 2 tablespoons (16 g) with 8 oz (240 ml) of water once daily. AIM recommends mixing with AIM ProPeas or Herbal Fiberblend. It is best taken before meals. Adolescents (12-17) should mix one tablespoon once daily.

Take four hours before or after amoxicillin.

Q & A

How much fiber do I need to consume on a daily basis?

The daily recommendation for adults is at least 25 grams of fiber for women and 38 grams of fiber for men. The average fiber intake of adults is only 15 grams a day.

Is there anyone who should not take fit 'n fiber?

Pregnant or nursing women, people taking prescription medications, people who have difficulty swallowing or people with diabetes mellitus (in which blood sugar is difficult to regulate) should consult a health practitioner before use.

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