



AIM Garden Trio®



The Garden Trio is three all-natural, whole-food concentrates that provide the juice powders of barley leaves, carrots and beets, helping deliver the daily nutrition needed to develop a strong foundation for good health.

Juicing

Juicing separates the nutritious juice of a fruit or vegetable from its fiber. It is a means of receiving the optimal nutritional benefits of the fruits and vegetables we eat. Although there is value in eating raw fruits and vegetables, juicing allows us to ingest and absorb the maximal amount of nutrients available.

How healthy is juicing? Juice can provide most of the basics of human nutrition, including carbohydrates, proteins, fats, vitamins and minerals, as well as phytonutrients and enzymes. When raw vegetables are consumed instead of juices, a large part of them are used as energy during the digestion and absorption processes. In comparison, juices are ingested and assimilated much faster than foods, and this enables the nutrients to be used almost in their entirety for nourishing the cells.

AIM BarleyLife®

When a barley leaf is young, it is dedicated to growth and repair. The young leaves' metabolic processes are in full swing, and the plants are packed with enzymes and growth-related compounds. In contrast, adult plants dedicate their energies to producing their grain heads and to the conservation of cellular energy. They are, in other words, readying themselves for death.

Young barley leaves contain a wide spectrum of nutrients, including vitamins, minerals, amino acids, enzymes, chlorophyll and alkalizing substances. When these young grasses are juiced and concentrated, as in BarleyLife, they are far superior nutritionally.

BarleyLife is a whole-food concentrate that captures all the nutrients in green barley grass. Extensive research has demonstrated that young barley grass is the most nutritious of the green grasses. AIM's barley grass is harvested, processed, juiced and dried into a powder at the height of its nutritional value.

Rigorous testing standards and a number of quality assurance steps must be met before the product is packaged and marketed. BarleyLife has been AIM's flagship product since the company founding in 1982. No one knows and does barley better than AIM.

Key Benefits and Features

- Each serving of the Garden Trio contains the juice of 7 servings of vegetables
- Helps maintain whole-body health
- Increases energy
- Helps support a healthy immune system
- Delivers a wide spectrum of nutrients, including vitamins, minerals and protein
- Contains unique and powerful plant antioxidants such as beta-carotene
- Provides the benefits of active enzymes
- Natural chlorophyll
- Pure juice products, minimal fiber present
- Benefits of juicing without the inconvenience

Consult each individual datasheet for more detailed information.

PRAL Reveals Alkalizing Food from BarleyLife

Body pH is a delicate balance between acidity and alkalinity, and the foods we eat play a key role in maintaining a healthy pH. Now there is a new method to calculate the alkalizing or acidifying effect of a food on the body, making our healthy eating responsibility a little bit easier.

The calculation is called Potential Renal Acid Load (PRAL). It uses a formula to convert the protein and select mineral content of a food into a PRAL value, measured in molar equivalents per day. Acidifying foods have a positive PRAL value; alkalizing foods have a negative PRAL value. Higher protein and phosphorus contributes to increased acid in the blood, which results in positive PRAL.



Higher potassium, magnesium and calcium result in decreased acid in the blood for a negative PRAL.

The PRAL score of BarleyLife reflects just how healthy AIM's green juice is for the body. As you might expect, BarleyLife has a significantly negative score at -6.8 per 12 grams a day. When you add in the recommended daily servings of Just Carrots (-6.16) and RediBeets (-0.52), the combined Garden Trio PRAL is an impressive -13.45. BarleyLife's negative PRAL value indicates that it is a strong alkalizing food.

AIM Just Carrots®

It is well-established that carrots are a healthy food. They contain many important nutrients, including alpha- and beta-carotene, B vitamins, vitamin C, calcium, iron, potassium and lutein.

Beta-carotene is one of about 600 similar compounds called carotenoids—yellow, red and orange pigments naturally present in many fruits and vegetables. The body converts beta-carotene into vitamin A, which is essential for normal cell growth, immune system function and healthy vision. However, beta-carotene is much more than a precursor to vitamin A. Only so much beta-carotene can be changed into vitamin A. The remaining beta-carotene boosts the immune system and is also a potent antioxidant. Antioxidants fight free radicals and help prevent them from causing cell damage.

Each canister of Just Carrots contains 22 pounds of carrots. The carrots used are tested pesticide-free, ensuring the absence of harmful toxins. A special process is used to produce Just Carrots that also ensures nutrients and enzymes remain active. This process does not use added sugars, sweeteners or artificial colors.

AIM RediBeets®

Historically, beets have been known to have great detox properties, especially for the liver. Betaine, a phytonutrient naturally found in beets, can function in our bodies as a methyl donor in the formation of methionine and S-adenosyl-methionine. These compounds can be important for fat metabolism in the liver. Betaine can therefore act as a lipotrope, reducing accumulation of fat in the liver.¹

Betaine is known to lessen inflammation, and it also plays a role in reducing homocysteine. High levels of homocysteine are associated with poor cardiovascular health.

Each canister of RediBeets contains 15 pounds of beets. The beets used in RediBeets are also tested pesticide-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.

How to use the Garden Trio

BarleyLife

- Take one rounded teaspoon 2 times per day. Many people start with 1/2 teaspoon per day and gradually increase their serving every four to five days.

Just Carrots

- Take one tablespoon 1 time per day.

RediBeets

- Take one teaspoon 2 times per day.
- Athletes: Mix up to 4 teaspoons with 10 ounces of water. Take once daily, one to two hours prior to an activity.

Garden Trio

- Mix with cold water or juice. Drink immediately after mixing. Best taken on an empty stomach, 30 minutes before or two hours after a meal.
- Use product within 60 days of opening. Close tightly after each use and store in a cool, dry, dark place: 70-75 F (21-24 C). In hot, humid environments, store in a frost-free freezer to prevent clumping.

FAQs

How can I mix the powders of the Garden Trio? Can I take them with other AIM products?

Many AIM Members mix one of the Garden Trio powders with their favorite juice for a delicious and refreshing drink. This depends on individual preference, so feel free to experiment. You may also take the Garden Trio with other AIM products. To receive the greatest absorption of nutrients, take AIM Herbal Fiberblend® one hour before or 30 minutes after taking the Garden Trio.

Can I take more than the recommended serving?

Each person has different nutritional needs, which should be assessed by each individual.

1. Abdelmalek MF, et al. *Am J Gastroenterol* 2001;96:2711-7.

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