

| Product | Servings/Optimal Benefits | Mixing/With Other Products | Contraindications | Other Information |
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| <ul style="list-style-type: none"> •AIM ReAssure®, a pollen extract product, helps maintain a healthy prostate. | <ul style="list-style-type: none"> •Take 1-2 tablets at breakfast and dinner. •Many users start with 2 tablets at breakfast and dinner. •After results use 1 tablet at breakfast and dinner for maintenance. | <ul style="list-style-type: none"> •Take AIM ReAssure® 30 minutes before or 1 hour after taking AIM Herbal Fiberblend®. | <ul style="list-style-type: none"> •Do not use if allergic to pollen or suffer from asthma. | <ul style="list-style-type: none"> •In women AIM ReAssure® may help tone the smooth muscles of the bladder. |
| <ul style="list-style-type: none"> •AIM RediBeets®, a concentrated beet powder with only the fiber removed, contains essential enzymes along with the natural form of betaine, which aids in cleansing the liver and reducing homocysteine levels. <i>(Capsules not available in Canada.)</i> | <ul style="list-style-type: none"> •1 tsp. (4 g) or 6 capsules up to 2 times per day. •Take on an empty stomach. | <ul style="list-style-type: none"> •Mix with water, juice, or the AIM Garden Trio®. •Take AIM Herbal Fiberblend® 1 hour before or 30 minutes after taking AIM RediBeets®. •Safe to use with all other AIM products. | <ul style="list-style-type: none"> •Do not exceed 2 tsp. or 12 capsules a day without consulting a health practitioner. •Diabetics and those concerned with blood glucose levels should consult a health practitioner. | <ul style="list-style-type: none"> •Taking more than the suggested serving could cause dizziness and nausea. Slowly increase the serving size. •Drink immediately after mixing. |
| <ul style="list-style-type: none"> •AIM Renewed Balance®, a natural progesterone cream, helps maintain healthy bones and keeps the hormones estrogen and progesterone in balance. <i>(No Canadian rights.)</i> | <p>Pump usage:</p> <ul style="list-style-type: none"> •Use 2 pumps cream in the morning and evening. Rub the cream into areas of thin skin. •Adjust use according to your needs. <p>Tub (jar) usage:</p> <ul style="list-style-type: none"> •Apply a rounded 1/8 to a scant 1/4 tsp. (1 g to 1.2 g of cream) which supplies 20 to 24 mg of natural progesterone. •Premenopausal: above usage per day for 2 weeks. •Menopausal: above usage for 2-3 weeks. | <ul style="list-style-type: none"> •Safe to use with all other AIM products. | <ul style="list-style-type: none"> •If you are undergoing ERT or HRT, have a thyroid condition, are pregnant, or nursing, consult a health practitioner. | <ul style="list-style-type: none"> •Always adjust for your use. •Can be refrigerated, but not frozen. |
| <ul style="list-style-type: none"> •AIM RevitaFem®, combines eight botanical ingredients that support physical and emotional balance during menopause and helps provide relief from uncomfortable symptoms. | <ul style="list-style-type: none"> •1 capsules 2 times a day. •Best taken with meals. | <ul style="list-style-type: none"> •May take with AIM Renewed Balance® cream. •Safe to use with all other AIM products. | <ul style="list-style-type: none"> •Do not take if pregnant or nursing. •Do not take if you have pelvic inflammatory disease, extensive menstrual bleeding, or if you are undergoing ERT or HRT. | <ul style="list-style-type: none"> •Veggie caps |

To learn more about the AIM products visit our website, www.BarleyLife.com or call 1-800-456-2462.