



AIM LeafGreens™

Leaves are among the most abundant sources of vital nutrients on the planet. AIM uses revolutionary technology to harness the nutritional value of a select few of those leaves to produce a whole food concentrate, AIM LeafGreens™. This combination of spinach, field pea, faba bean, and barley leaves creates a one-of-a-kind whole food health product. AIM LeafGreens™ is the only product on the market to utilize this unique blend of leaves that work synergistically for optimal health benefits.

The story

"I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did," said Alexander Fleming, the discoverer of penicillin. Those kinds of accidents happen all the time. You start out with one goal in mind, something else – often better – evolves instead. Several years ago, AIM considered developing a soy, rice, pea, or hemp protein product. These proteins are produced from plant seed, bean, or grain; however, they are typically deficient in the amino acids lysine and methionine. AIM harvests barley before it produces grain to ensure a superior nutrient-dense juice powder, so we decided to take the same approach to create a superior plant-based protein. While researching manufacturing processes, we discovered that most protein concentrates and isolates utilize harsh acid and base chemicals that result in denatured or degraded proteins. AIM chose ultra-cold filtration, the least invasive, non-chemical process that preserves the proteins, amino acids, and other nutrients found in each leaf of AIM LeafGreens™. Although protein was the target, we quickly realized that other nutrients, such as iron, concentrated to more than 40 times that of ordinary green juice powders. The process also produces extraordinary levels of vitamin A, vitamin K, chlorophyll, and many beneficial other nutrients. The result: AIM LeafGreens™, a highly concentrated green leaf product exclusive to The AIM Companies™.

Spinach leaf

Spinacia oleracea is a flowering plant native to parts of Asia and its leaf has become one of the most prominent health foods of the 21st century. This vegetable has been a common food in Old World diets for several thousand years, including those in the Middle East and later western Europe.



Spinach is rich in nutrients, including many essential vitamins, minerals, and potent antioxidants. Due to its rich nutritional value, spinach is a suggested addition to most contemporary diets. Spinach contributes much of the 70 percent daily recommended value of vitamin A, which research shows is crucial for new cell growth. This means vitamin A supports vision, healthy skin, hair, and tissues, as well as proper bone growth and tooth development. Choline and inositol, both B vitamins found in spinach, are substances that have been shown

to help fight arteriosclerosis, or the thickening and hardening of arteries. The flavonoids found in spinach have been studied extensively for their antioxidant and anti-cancer properties. Specific reports published in the journal *Cancer Epidemiology Biomarkers & Prevention* and the *International Journal of Cancer Research* noted that antioxidants found in spinach might reduce the risk of breast and ovarian cancer.

Research shows that lutein, a nutrient particularly abundant in spinach, may prevent age-related macular degeneration and cataracts. Lutein is a carotenoid found in dark green, leafy vegetables. AIM LeafGreens™ contains nearly 5 mg of lutein per serving, comparable to many standardized lutein supplements on the market. In the body, lutein is concentrated in a small area of the macula, the area of the retina responsible for central vision. Studies show that this concentration of lutein helps protect the eye from oxidative stress and high-energy light. Lutein intake may increase the amount of pigment in the eye and decrease the risk for eye diseases, such as age-related macular degeneration. Lutein also filters blue wavelengths from the visible-light spectrum by as much as 90 percent. Blue light, from both artificial light and sunlight, is believed to induce oxidative stress and possible free-radical damage to both the eyes and the skin.

Among its many documented health benefits, the spinach leaf may also aid in curbing anemia, constipation,

