



Leaves are among the most abundant sources of vital nutrients on the planet. AIM LeafGreens® is a combination of barley leaf, spinach, kale, arugula, Swiss chard, and broccoli sprout powder. LeafGreens is the only product on the market to utilize this unique blend of leaves and sprouts that work synergistically for optimal health benefits.

### Barley leaf

*Hordeum vulgare* is the most nutritious of the green grasses. Barley leaf contributes to the high vitamin K and chlorophyll in LeafGreens. Vitamin K is essential to the body's utilization of calcium for healthy bone density and to the healthy formation of blood clots to heal wounds. New research indicates that vitamin K may also help prevent the calcification of arteries, slow the cognitive decline associated with aging process, and regulate blood sugar. Chlorophyll protects the body from radiation, carcinogens, and DNA damage and helps the body heal wounds, improve regularity, and control odor.



### Spinach leaf

*Spinacia oleracea* is rich in nutrients, including many essential vitamins, minerals, and potent antioxidants. Research shows that lutein, a nutrient particularly abundant in LeafGreens, may prevent age-related macular degeneration and cataracts. Among its many documented health benefits, the spinach leaf may also aid in curbing anemia, constipation, insomnia, obesity, high blood pressure, bronchitis, and indigestion.



### Kale leaf

Kale (*Brassica oleracea Acephala*) leaf has an abundance of flavonoids.



Quercetin, found naturally in kale, arugula, Swiss chard, and spinach leaves, belongs to a group of plant pigments known as flavonoids that are partly responsible for the color of many fruits and vegetables.



## Key Benefits and Features

- The flavonoid kaempferol improves kidney function and inhibits the oxidation of LDL cholesterol
- The flavonoid quercetin inhibits the production and release of histamine
- Quercetin can reduce joint inflammation
- Vitamin K is crucial to healthy bone density, may help prevent the hardening of arteries, and may regulate blood sugar
- Lutein may prevent macular degeneration and protect the skin and eyes from free-radical damage
- Sulforaphane can improve cardiovascular and kidney health
- Rich levels of antioxidants
- Ideal for low-carbohydrate and low-sugar or diabetic diets
- High levels of natural chlorophyll, 21 mg per serving
- Certified Non-GMO & Vegan
- Smooth and mild citrus taste
- Contains the recommended 400 µg of sulforaphane per serving

The synthetic quercetin dihydrate found in most supplements is not soluble in water and thus provides no meaningful benefits. The natural quercetin found in LeafGreens is bioavailable and absorbable.

Recent studies have found quercetin to inhibit the production and release of histamine and other allergic and inflammatory substances. Histamine contributes to allergy symptoms such as runny nose, watery eyes, and the swelling of soft tissue. Quercetin can inhibit the inflammation in joints, provide arthritis relief, inhibit the aggregation of platelets (abnormal clotting), and help improve circulation. According to the National Cancer Institute, research has shown that phytochemicals known as indoles found in kale “inhibit the development of cancer in several organs in rats and mice, including the bladder, breast, colon, liver, lung, and stomach.”

## Arugula leaf

Arugula (*Eruca sativa*) contains a group of compounds known as glucosinolates responsible for the distinct flavor of arugula. When digested, glucosinolates are broken down into indoles, nitriles, thiocyanates, and isothiocyanates. These compounds have been found to deactivate carcinogens, protect cells from DNA damage, and have anti-inflammatory effects.



## Swiss Chard leaf

Swiss chard (*Beta vulgaris*) leaf contains the flavonoid kaempferol. Kaempferol inhibits the oxidation of LDL (bad) cholesterol and the formation of platelet clusters in the blood, providing benefits for those with arteriosclerosis. Kaempferol also plays a role in regulating our blood's water-sodium/glucose balance and kidney cell function often problematic in diabetics. A study in 2002 found that flavonoids such as kaempferol can suppress oxidative stress, which may help prevent neurodegenerative diseases such as Alzheimer's and Parkinson's. Swiss chard is also a source of syringic acid, a flavonoid that according to study published in the *Journal of Acute Disease* helps to stabilize blood sugars.



## Broccoli sprout

Of the cruciferous vegetables, *Brassica oleracea* sprouts contain the highest concentration of sulforaphane. Sulforaphane is a phytonutrient that may lower inflammatory response and improve cardiovascular health. A study published in 2009 found that oral consumption of sulforaphane reduced inflammation in human airways by increasing naturally occurring enzymes in the body. An animal study in 2004 found that broccoli sprouts decreased stress in both cardiovascular and kidney tissues. One serving of LeafGreens powder provides the recommended 400 µg of sulforaphane daily. A 2015 study found that after drinking sulforaphane-rich juice, protective changes were detectable in the lining of the test subjects' mouths. University of Pittsburgh Schools of the Health Sciences believe these protective changes may reduce the likelihood of oral cancer.



## How to use

Mix 1 rounded teaspoon (3.5 g) with 6 to 10 ounces (180 to 300 ml) of cold water or juice. Take once or twice daily. New users begin with 1/2 teaspoon.

## Q & A

### Can I take LeafGreens and AIM BarleyLife® at the same time?

Yes, the two products are complementary. Take one teaspoon of LeafGreens and two servings of BarleyLife at different times of the day.

### Are there people who should be concerned about the high levels of vitamin K in LeafGreens?

According to the Merck Index, there is no toxicity for natural vitamin K1 (from plants). Each 3.5 gram serving of LeafGreens contains 94.5 µg of vitamin K. AIM suggests beginning with 1/2 teaspoon (1.5 grams), providing 40.5 µg of vitamin K. Your intake should be constant if on medication so your physician can then determine the proper dosage.

### Do I need to take LeafGreens if I regularly eat vegetables?

Yes, it would be beneficial. One serving of LeafGreens contains many necessary nutrients that no one vegetable can provide.

### I started taking LeafGreens and I feel worse. Why?

When you make a positive change in your diet, your body often goes through a cleansing known as detoxification. This can manifest itself as fatigue, rashes, and headaches. For more information, see AIM's Detoxification Datasheet.

### Is there anyone who should not take LeafGreens?

LeafGreens is a whole-food concentrate. Most people should be able to take it. Those with severe medical problems or on a restricted diet (especially in regard to green foods) may wish to limit intake.

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