AIM

FLORAFOOD®

THE AIM COMPANIES™
Nutrition • Opportunity • Success

Digestive problems comprise the number one health problem in North America. These concerns, encompassing everything from hemorrhoids to colon cancer, result in more time lost—at work, school, and play—than any other health problem. They also appear to be occurring with much more frequency—while many of them were almost unheard of in our grandparents' times—they are cropping up more and more, and at an earlier age.

One way to help maintain digestive health is to be aware of and "take care of" our intestinal flora—the trillions of bacteria that make the digestive tract their home.

Intestinal flora

Bacteria thrive in our bodies. There are more bacteria in the digestive system than there are cells in the body—some one hundred trillion. Their total weight is about 4 lbs (1.8 kg)—the size of the liver.

Bacteria have both "friendly" and "unfriendly" populations. When unfriendly bacteria dominate, the effects include diarrhea, gas, bloating, intestinal toxicity, constipation, and malabsorption of nutrients, as well as the pain and damage that result from pathogens like *E. coli* and *Salmonella*.

Dr. Michael Murray, N.D. states, "The intestinal flora is intimately involved in the host's nutritional status and affects the immune system function, cholesterol metabolism, carcinogenesis, and aging."[i] Our overall health is greatly effected by the balance of friendly and unfriendly bacteria in our digestive system.

Friendly bacteria (probiotics)

Probiotics is the term used to describe either the healthy bacteria that naturally occur in the gut or the nutrients that support these friendly bacteria.

Although the term probiotics is relatively new, the notion of improving health by supplementing the natural flora of the gut with additional bacteria ingested orally dates back to the 19th century.

What do friendly bacteria do for us?

Friendly bacteria do much more than counteract the unfriendly bacteria. They also provide us with other, powerful benefits.

Friendly bacteria

- aid in the digestive process by helping digest lactose (milk sugar) and protein.
- clean the intestinal tract, purify the colon, and promote regular bowel movements.
- create lactic acid, which balances intestinal pH.
- produce antibiotics and antifungals that prevent the growth of harmful bacteria and fungi. In 1988, the U.S. Surgeon General's report noted that "Normal microbial flora provide a passive mechanism to prevent infection."
- contribute to the destruction of molds, viruses, and parasites.
- protect us from environmental toxins such as pesticides and pollutants, reduce toxic waste at the cellular level, and stimulate the repair mechanism of cells.
- increase the number of immune system cells thereby enhancing immune response.
- manufacture vitamins B6, B12, K, folic acid, and assorted amino acids.
- help maintain healthy cholesterol and triglyceride levels.
- break down and rebuild hormones.

AIM FloraFood®

AIM FloraFood® contains a special blend of three powerful friendly bacteria—*Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium longum*.

Lactobacilli

Lactobacilli are one of the most important types of friendly bacteria found in the digestive tract, making mainly the small intestine home. These bacteria get their name (lacto) because they are able to turn milk sugar into lactic acid.

Lactobacilli are able to "balance" unfriendly bacteria because when they produce lactic acid, they alter the intestinal environment, making it unsuitable for unfriendly bacteria. In other words, *lactobacilli* do not destroy the unfriendly bacteria; they destroy their home, forcing them to leave.

Lactobacillus acidophilus is a specially stabilized type of friendly bacteria that flourishes in the small intestine. One benefit of *L. acidophilus* is that it inhibits bacteria and microorganisms that produce disease in the urinary tract, especially *Candida albicans*.[ii] Another benefit is its ability to aid in developing natural defenses against foreign intestinal bacteria and viral infections, boosting the immune system.[iii] *L. acidophilus* has also shown promise in the battle against *Helicobacter pylori*[iv], the pathogen considered to be one of the top two causes for peptic ulcers.

Other than the obvious health advantages, the common use of antibiotics is often linked to gastrointestinal side effects, and the *Lactobacilli*, like *L. acidophilus*, are thought to offset these effects by recolonizing the intestine during and after an antibiotics course.[v]

Bifidobacteria

Bifidobacteria are friendly bacteria, colonizing mainly the large intestine, or colon. *Bifidobacteria* are considered extremely important to the health of the gastrointestinal tract. The *bifidobacteria* have been used to address intestinal disorders, and boost the immune system. These strains are also important for the production of B vitamins.[vi]

Bifidobacteria may also reduce antibiotic-induced fluctuations in intestinal bacteria[vii] and the GI distress that can ensue.[viii] Antibiotics are particularly effective at killing all kinds of bacteria, good and bad—often leading to secondary infections.

Bifidobacterium bifidum is especially good at enhancing the body's immune response and inhibiting harmful enzymes.[ix] *Bifidobacterium longum* has a high affinity for intestinal colonization[x], improving the intestinal environment, which leads to better regularity.[xi,xii, xiii]

How to use AIM FloraFood®

- Take 1 capsule with meals twice daily, with 8 oz (240 ml) of water for maintenance.
- Best taken with meals. Food dilutes the stomach acids creating an environment conducive to bacterial survival.
- AIM FloraFood® does not require refrigeration.
- Due to a unique and careful processing method, AIM FloraFood® is stable at room temperature for at least three years.
- AIM FloraFood® guarantees viability of the bacteria at the time of consumption within the three-year shelf life.

Q & A

Who should use AIM FloraFood®?

Anyone concerned about digestive health should consider using AIM FloraFood®. You should definitely take it if you are undergoing or have recently undergone an antibiotics course, as antibiotics destroy friendly bacteria. Those who are traveling can also greatly benefit. Anyone exposed to stress could also benefit, since stress upsets our digestive tract.

Why doesn't AIM FloraFood® need to be refrigerated?

The bacteria in AIM FloraFood® are stable at room temperature due to the unique and proprietary processing methods used in its manufacture. Therefore, AIM FloraFood® does not require refrigeration.

The reason other probiotics DO require refrigeration is similar to why we refrigerate our food; it slows down how quickly the probiotic spoils. However, the process is only slowed down, not suspended, and this does not guarantee that at the time of consumption, you are not taking ineffective, dead bacteria. Due to our sophisticated and careful processing method, our bacteria are dormant and do not become active until introduced to moisture, as when consumed with a liquid.

May children and pregnant and lactating women take AIM FloraFood®?

Yes, they may. Both children and pregnant women should take the usual suggested serving of one to two capsules per day. However, when using dietary supplements, it is recommended that you consult your healthcare practitioner. This is especially important for pregnant and lactating women.

Is there anyone who should not use AIM FloraFood®?

It is considered safe for everyone; however, diabetics using AIM FloraFood® should be monitored carefully as blood sugar levels may fluctuate and insulin intake may need to be regulated. When using dietary supplements, it is recommended that you consult your healthcare practitioner.

Will there be any side effects?

AIM FloraFood® is completely safe. However, some detoxification may occur. Please see our *Detoxification* data sheet for more information. Pregnant and lactating women should always consult a healthcare practitioner when adding new supplements to their diet.

May I take AIM FloraFood® with AIM PrepZymes® or other products?

You may take AIM FloraFood® with other AIM Products. AIM FloraFood® and AIM PrepZymes® are both best taken with meals. However, AIM PrepZymes® will break down the bacteria in AIM FloraFood®, so take these products with alternate meals.

What is the source of the bacteria found in AIM FloraFood®?

All three strains of bacteria in AIM FloraFood® are cultured in a laboratory environment from friendly bacteria derived 30 years ago from a healthy human source.

Suggested Reading

Frey, Rebecca. "Probiotics." *Gale Encyclopedia of Alternative Medicine*. Gale Group, 2001. www.findarticles.com/cf_0/g2603/0006/2603000606/p5/article.jhtml?term=probiotics

Lee, William H. *The Friendly Bacteria*. New Canaan, CT: Keats Publishing, Inc., 1988.

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viii Colombel, et al. *The Lancet*, July 4, 2(8549), 1987.

ix Park et al. *Arch Pharm Res*, 21(1): 54-61, 1998.

x Ballongue, et al. *Lait* 73, 249-256,1993.

xi Ogata, et al. *Biosci Microflora*, vol 16(2), 53-58, 1997.

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Benefits & Features

Benefits

- Maintains digestive health.
- Supplements friendly bacteria.
- Balances intestinal pH.
- Stimulates/enhances immune system.
- Maintains intestinal health.
- Maintains/restores a balanced intestinal flora.
- Promotes healthy, friendly or beneficial flora.
- Alleviates gas.
- Replenishes/bolsters natural friendly flora after antibiotic use.
- Inhibits bacterial/viral infections, including *Candida* and *H. pylori*.
- Helps produce vitamins, especially B vitamins.
- Maintains healthy cholesterol level.

Features

- Unique blend of *L. acidophilus*, *B. bifidum*, *B. longum*.
- Amber bottles protect bacteria from the elements.
- No refrigeration required.
- 1 billion live cells per capsule.
- Potency guaranteed at the time of consumption.
- Ability to withstand stomach acid.
- Bacteria adheres to the intestinal wall.
- Distribution throughout the digestive tract.
- 60-count vegetarian capsules

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