



AIM Herbal Release is a blend of herbs that promotes bowel movements, helps to cleanse the intestinal tract and supports the immune system.

How is Herbal Release Unique? —————

- Combines 10 cleansing herbs that support and cleanse numerous body systems
- Contains 1,650 mg of herbs per four capsules

Approach —————

The immune system is like an army that fights off invaders. It extends throughout the body to protect against bacteria, viruses and unhealthy cells. Seventy percent of the immune system is found in the gut, so a healthy digestive system is crucial to having a strong immune system. An unhealthy digestive system, for example, a clogged colon that is impacted with fecal matter, disturbs the absorption of nutrients. If the body is not properly absorbing the nutrients it needs, the immune system is weakened. But if the immune system remains strong, the body can stay healthy.

The right combination of herbs can help to stimulate bowel movements, and cleanse like back-up soldiers, providing an even stronger army to protect the immune system.

Herbal Release —————

Providing six herbs with laxative properties among ten carefully selected botanicals, Herbal Release promotes bowel movements by direct action on the intestine, in which support and cleanse numerous organs and body systems. Each vegan capsule contains:

Cascara sagrada bark (75 mg) —————

Tonic, laxative

Cascara sagrada is used in Herbal Medicine as a stimulant laxative to promote bowel movement and short term relief of occasional constipation. It also acts as a general tonic that promotes well-being in all body systems.

Barberry bark (37.5 mg) —————

Anti-inflammatory, laxative

Barberry bark is used for ailments and complaints of gastrointestinal tract, liver, gallbladder, kidney and urinary tract, respiratory tract, and heart and circulatory system. It also acts as a febrifuge and blood purifier.

Key Benefits and Features

- Promotes bowel movements by direct action on the intestine
- Great for detoxification
- Helps maintain immune health
- 120 vegan capsules

Boldo leaf (37.5 mg) —————

Anti-inflammatory, laxative

Boldo is an evergreen shrub that grows in the Andes Mountains. It is said to help with gallbladder problems and stomach-related ailments. It is traditionally used in Herbal Medicine to help relieve digestive disturbance (dyspepsia) and stimulate digestion.

Buckthorn bark (37.5 mg) —————

Laxative

Buckthorn is a depurative, which promotes the excretion and removal of waste material. The *Complete German Commission E Monographs* approved the internal use of buckthorn bark to relieve constipation.

Burdock root (37.5 mg) —————

Diuretic, detoxicant

Burdock root has a long history as a detoxifier. Burdock can be used to remove accumulated waste products.

Chickweed aerial parts (37.5 mg) —————

Anti-inflammatory, digestive

Chickweed boasts many folk remedies, and is said to be an excellent tonic for the blood.

Dandelion root (37.5 mg) —————

Anti-inflammatory, anti-spasmodic, laxative

Dandelion has a distinguished history as a diuretic and a laxative.



It is traditionally used in Herbal Medicine to help increase bile flow, treat digestive upset and stimulate appetite.

Echinacea root (37.5 mg) _____

Anti-inflammatory

Echinacea was used by Native Americans, and today it is recognized as an aid to the immune system. It is traditionally used in Herbal Medicine to help relieve upper respiratory issues.

Parsley leaf (37.5 mg) _____

Antioxidant, urinary tonic

The herb is used for flushing the efferent urinary tract and for the prevention and treatment of kidney gravel. In folk medicine, it is used for gastrointestinal disorders, jaundice, kidney and bladder inflammation, and as a diuretic.

Sarsaparilla root (37.5 mg) _____

Anti-inflammatory, tonic

Preparations of Sarsaparilla root are used for rheumatic complaints, and as a diuretic and diaphoretic.

FAQs _____

Is there anyone who should not take Herbal Release?

Consult a health care practitioner prior to use if you have diabetes or impaired kidney or liver function, are taking heart medications or immune-suppressants, have a progressive systemic disease such as tuberculosis, leukosis, collagenosis or multiple sclerosis, or have fecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever. Reduce dose or discontinue use if abdominal cramps, spasms, and/or pain continue. Do not use if you have abdominal pain, nausea, fever, vomiting, hemorrhoids, bowel obstruction or a chronic gastrointestinal disorder, or are taking thiazide diuretics, corticosteroids or other drugs that may aggravate electrolyte imbalance, allergic to plants of the Asteraceae Compositae/Daisy family. If hypersensitivity occurs, discontinue use.

Should I take Herbal Release daily?

The needs of each individual vary. Some people believe it is useful to take Herbal Release daily for a short period of time. Others find it effective taken for only a few days as needed.

References:

- *The Compendium of Monographs*. Natural and Non-prescription Health Product Directorate. Health Canada
- *The Complete German Commission E Monographs*. American Botanical Council. Boston, MA. 1998
- *PDR for Herbal Medicines*. Medical Economics Company, Inc. Montvale, NJ. 2000

How to use Herbal Release

- Take 4 capsules once daily at bedtime. Allow 6 to 12 hours for laxative effect to occur.
- Do not use within 2 hours of another medicine. Do not use for more than 7 days.
- Not recommended for children or pregnant or breastfeeding women.
- Keep out of reach of children.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.

What is the difference between Herbal Release and Herbal Fiberblend?

Herbal Fiberblend provides overall detoxification and is also a good source of fibre. Many Members take Herbal Release with Herbal Fiberblend to achieve comprehensive detoxification.

Are there any side effects?

Some people have experienced cramping. If this is the case, take Herbal Release with meals. If cramping persists, then discontinue use of Herbal Release.

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