THE AIM COMPANIES
nutrition that works

AIM CoCoa LeafGreens™

NON GMO

CoCoa LeafGreens provides a blend of five different leaf powders and broccoli sprout powder, combined with antioxidant-rich cacao and cocoa. It is an ultra-nutritious beverage that is uniquely different.

How is CoCoa LeafGreens Unique?

- Ideal way to consume greens for those who struggle with flavor
- Ingredients are Non-GMO and Vegan
- Contains 400 µg of sulforaphane per two servings
- Cocoa flavor without the sugar
- High levels of natural chlorophyll

Approach

Leaves are among the most abundant sources of vital nutrients on the planet. CoCoa LeafGreens is a combination of barley leaf, spinach, kale, arugula, Swiss chard and broccoli sprout powders. AIM then adds the delectable taste and antioxidant power of cacao and cocoa powders to these exclusive greens.

CoCoa LeafGreens is the only product on the market to utilize this unique blend of leaves, sprouts, cocoa and cacao that works synergistically for optimal health benefits.

Barley Leaf

Hordeum vulgare is the most nutritious of the green grasses. Barley leaf contributes to the high levels of vitamin K and chlorophyll. Vitamin K is essential for the body's utilization of calcium for healthy bone density.

Spinach Leaf

Spinacia oleracea is rich in nutrients, including many essential vitamins, minerals and potent antioxidants. Lutein, a nutrient found in spinach, may help protect the skin and eyes from free radical damage.

Kale Leaf

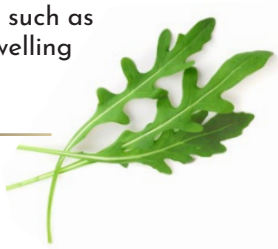
Kale (*Brassica oleracea Acephala*) leaf contains an abundance of flavonoids. Quercetin, found naturally in kale, arugula, Swiss chard and spinach leaves, belongs to a group of plant pigments known as flavonoids, which are partly responsible for the color of many fruits and vegetables. The synthetic quercetin dihydrate found in most supplements is not soluble in water, so it has no meaningful benefits. The natural quercetin found in the CoCoa LeafGreens is absorbable and bioavailable.

Key Benefits and Features

- The flavonoid kaempferol is an antioxidant that targets the maintenance of cardiovascular health.
- The flavonoid quercetin inhibits the production and release of histamine.
- Vitamin K is crucial to healthy bone density.
- Lutein may protect the skin and eyes from free radicals, including damage from blue light.
- Sulforaphane can help maintain overall health.

Recent studies have found that quercetin may inhibit the production and release of histamine and other allergic and inflammatory substances.[1] Histamine can trigger seasonal allergy symptoms, such as runny nose, watery eyes and the swelling of soft tissue.

Arugula Leaf



Arugula (*Eruca sativa*) contains a group of compounds known as glucosinolates, which are 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 protect cells from DNA damage.

Swiss Chard Leaf

Swiss chard (*Beta vulgaris*) leaf contains kaempferol, a flavonoid in a category of compounds called polyphenols. A 2002 study conducted on healthy women aged 19–21 years found that a diet rich in polyphenols works to reduce oxidative stress.[2]

Broccoli Sprout

Of the cruciferous vegetables, *Brassica oleracea* sprouts contain the highest concentration of sulforaphane, a phytonutrient that may reduce inflammation. A study published in 2009 showed that oral consumption of sulforaphane in the form of broccoli sprout powder reduced inflammation in human airways by increasing naturally occurring enzymes in the body.[3] Two servings of CoCoa LeafGreens provides 400 µg of sulforaphane. This is the daily beneficial amount of sulforaphane determined by numerous studies.

Cocoa

CoCoa LeafGreens contains a three-part mixture of cocoa powders: organic cacao powder, organic cocoa powder and alkalized cocoa.

The organic cacao powder comes from cacao beans and retains the unadulterated cocoa flavor, natural antioxidants and fiber found in the original beans. The organic cocoa powder and alkalized cocoa are obtained through a hydraulic pressing of cocoa mass whereby cocoa butter is removed from the bean.

CoCoa LeafGreens does not contain any added flavors. The natural chocolate flavor comes from the blend of the three cocoa powders.

A small amount of stevia leaf extract provides a slight sweetness without sugar, artificial sweeteners or flavors. This makes CoCoa LeafGreens a healthy option for parents looking to increase their children's consumption of greens.

Cocoa provides an incredibly rich source of antioxidants and flavonoids. In fact, over 700 vital compounds have been discovered in cocoa. These compounds contribute to cocoa's support of overall health and its positive effect on energy.

How to use CoCoa LeafGreens

- Mix 1 rounded teaspoon (4 g) in 6 to 10 ounces of water or cold milk twice daily. For children 8 years and under, mix 1 rounded teaspoon once daily.

FAQs

Can I take CoCoa LeafGreens and BarleyLife?

Yes, the two products are complementary. Two servings of CoCoa LeafGreens can be taken separately from one serving of BarleyLife at different times during the day.

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

When you make a positive change in your diet, your body may go through a cleansing process known as detoxification. This can manifest itself in a variety of symptoms, including fatigue, rashes and headaches. For more information, see AIM's Detoxification Datasheet.

Is there anyone who should not take CoCoa LeafGreens?

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

1. Mlcek, Jiri, et al. 'Quercetin and Its Anti-Allergic Immune Response." Molecules, vol. 21, no. 5, 12 May 2016, p. 623., doi:10.3390/molecules21050623.
2. Effects of Phenol-Depleted and Phenol-Rich Diets on Blood Markers of Oxidative Stress, and Urinary Excretion of Quercetin and Kaempferol in Healthy Volunteers, 2013. Taylor & Francis, Journal of the American College of Nutrition, 2003.
3. Riedl, Marc A., et al. 'Oral Sulforaphane Increases Phase II Antioxidant Enzymes in the Human Upper Airway." Clinical Immunology, vol. 130, no. 3, Mar. 2009, pp. 244–251., doi:10.1016/j.clim.2008.10.007.

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