



# AIM HumiKleanse®

## Heavy Metal Chelation\*

As with many discoveries, the AIM HumiKleanse story started with a simple observation: livestock grazing on the special peat moss near Lake Balaton, Hungary, grew stronger and were healthier than other cattle. Years of clinical research showed that this unique peat deposit contained humic and fulvic acids as well as natural amino acids, which helped to maintain the body's natural ion balance and remove toxic heavy metals such as cadmium, lead, and mercury. This unique peat moss extract, known as Humifulvate®, is the key ingredient in AIM HumiKleanse, a natural detoxifying supplement that helps your body rid itself of heavy metal accumulations and enhances your body's ability to utilize trace minerals.

### The hazards of heavy metals

In the right concentrations, many metals are essential to life. In excess, though, these same chemicals can be poisonous. Even chronic, low exposures can have serious health effects. Because heavy metals cannot be degraded or destroyed, they are not broken down and accumulate in the human body – concentrating in the liver, kidneys, brain, skeleton, and keratinized tissue such as hair and nails. Exposure to heavy metals has been linked with developmental disability, various cancers, kidney damage, and even death in some instances. The heavy metals most threatening to human health are lead, cadmium, and mercury.

### How do I get exposed to heavy metals?

Heavy metals are everywhere – they are found in nature and are concentrated in some man-made products. For instance, forest fires and volcanoes can emit heavy metals into the atmosphere.

The largest man-made sources include the combustion of fossil fuels, industrial processes, and auto use. Heavy metals can enter our bodies via food (fish, meat, and produce) and drinking water, and children can be exposed to lead through ingesting paint chips. The Environmental Protection Agency ranks lead,

mercury, and cadmium as three of the top six toxins.

**Lead.** Leaded gasoline is responsible for the proliferation of lead across the planet, even into Greenland's ice. More than 90 percent of houses built before 1975 still have lead paint. Lead also exists in everything from plumbing to calcium supplements, hair dye, mini-blinds, and leaded crystal. Urban areas with high levels of traffic or trash incinerators, as well as areas containing battery plants or industrial facilities that burn fuel, may still have high lead levels in the air.

**Mercury.** The steady release of mercury into the environment has resulted in current levels that are three to six times higher than the estimated levels in the preindustrial-era atmosphere. We can take in mercury by eating fish, which have absorbed it into their tissues from the water. Mushrooms can accumulate high levels if grown in contaminated soils. Some dental amalgam fillings contain mercury. Metallic mercury is also used in a variety of household products and industrial items, including thermostats, fluorescent light bulbs, barometers, and glass thermometers.

**Cadmium.** Cadmium is a naturally-occurring metal in food, water, and cigarette smoke. Smoking doubles the average daily intake of cadmium. It is also found in coal, fertilizers, metal coatings, plastics and batteries. It was first listed in the 2000 U.S. *Report on Carcinogens* as a "known human carcinogen." New evidence suggests it causes mutations by inhibiting the ability of cells to repair routine errors made when DNA is copied to make new cells.

### How do I get rid of the heavy metals in my body?

The best way to avoid the threat of heavy metals is to avoid exposure in the first place, but obviously this isn't always possible. You can stop smoking, live away from industrial areas, and maintain a healthy diet and lifestyle, but these materials are prevalent throughout our environment. However, there is a way to remove harmful levels of heavy metals from the body – it's called chelation.



A substance is “chelated” when it is grabbed, trapped, and transformed by a chelating agent. The chelating properties of humic acids have been exploited for a long time in the purification of wastewater. In effect, the unique formulation of humic and fulvic acids in HumiKleanse® acts like a magnet for the large atoms of heavy metals, capturing them so they can be flushed out of the body through normal processes of elimination.

**HumiKleanse:** A pure, plant-derived source of humic and fulvic acid.

AIM HumiKleanse®		
Supplement Facts		
Serving Size 1 capsule Servings Per Container 30		
	Amount Per Serving	% DV*
Humifulvate®	75 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

**Other ingredients:** Rice maltodextrin, hydroxypropyl methylcellulose, silicon dioxide, magnesium stearate.

The physical and chemical properties, water conditions, vegetation, and microbial fauna of a given soil determine the quality and quantity of the humic substances in peat. Humifulvate® comes from 3,000- to 10,000-year-old peat moss and is in a natural conservation area free from industry or agriculture.

## How to use HumiKleanse

- Adults, take one capsule once a day, with food.
- A daily serving of HumiKleanse contains 75 mg of Humifulvate®.
- Drink 10 or more glasses of pure water daily to effectively eliminate toxins.
- Use for a minimum of five consecutive weeks.
- Close tightly after opening and store in a cool, dry place. Do not refrigerate. If you are pregnant or lactating, suffer from kidney problems, or take medicines, please consult with your health practitioner prior to taking this product.

## Q&A

### Who should use HumiKleanse?

Everyone who has been or is likely to be exposed to heavy metals, or who is in danger of exposure should use HumiKleanse. Employees in industrial areas known to use heavy metals or people living near industrial plants or in large cities may benefit as well.

### How should HumiKleanse be taken?

HumiKleanse is best taken with meals or AIM products like CalciAIM™ or AIM Peak Endurance® that contain minerals. The Humifulvate® contained in the product assists in the increased uptake and retention of trace elements such as iron, potassium, calcium, and magnesium, which are found in the foods we consume.

### How do I know if HumiKleanse is working? Will I experience any side effect or detoxification?

It may have taken years of exposure for heavy metals to accumulate in the body, and it may take some time for detoxification to occur. During the cleansing period, some people may experience symptoms of detoxification, such as headache or rash. This is not unusual. For further information about detoxification, please see our Detoxification data sheet. There are a number of commercially available kits to measure heavy metal content in saliva and urine. Taking a metal

## Benefits

- Helps to remove toxic substances such as heavy metals from the body
- Helps to prevent the absorption of toxic substances such as heavy metals
- Helps to maintain and support the body's immune system
- Helps to increase the uptake and retention of trace elements, such as iron, potassium, magnesium, and calcium
- Increases energy through improved oxygen transport

## Features

- Humifulvate® has a history of more than eight years of safe and beneficial use in Europe
- Contains 75 mg Humifulvate®, a mixture of humic and fulvic acids, in each capsule
- 30 capsules provide a 30-day supply of servings. It is not recommended that you take more than the label recommended amount for best results

content test before beginning to use HumiKleanse will provide a base number for comparison purposes. We recommend a minimum of one month between the use of HumiKleanse and performing a test because levels will be elevated during the process of elimination.

### Can I take HumiKleanse with AIM BarleyLife® or AIM Herbal Fiberblend®?

BarleyLife is best taken on an empty stomach, and HumiKleanse is best taken with meals. We do not recommend taking the two together. Herbal Fiberblend has an effect complementary to the heavy metal detoxifying effect of HumiKleanse, and they may be taken together.

### Can I take HumiKleanse with medicines?

There is no specific data demonstrating any counter effects with medicines. However, you should consult your health practitioner before taking this product together with medicines.

*Distributed exclusively by:*



\*This bulletin is for information in the United States only. It has not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.  
©2009 AIM International, Inc. All rights reserved. Printed in the USA.

[www.theaimcompanies.com](http://www.theaimcompanies.com)