



AIM Herbal Release is a blend of herbs and extracts that work with your body to detoxify the lymphatic system.

## How is Herbal Release Unique?

- Contains echinacea root 4:1 extract for improved immune health
- Combines 9 cleansing herbs and two extracts
- Over 1,000 mg of herbs per two capsules
- Delayed-release capsules maximize benefits

## Approach

The lymphatic system consists of the lymphoid organs, which are spread throughout the body. These include bone marrow, the thymus, lymphatic vessels, lymph nodes and spleen, as well as the adenoids and tonsils. The lymphatic system and lymphoid organs get their name because they are involved with the growth, development and deployment of lymphocytes, white blood cells that are key to the immune system.

The lymphatic system plays the central role in building immune response. It enables the body to rid itself of bacteria and viruses, filter foreign substances and cell debris from the blood and produce lymphocytes. It removes toxins that originated in the environment and toxic waste products that our cells produce as part of their metabolism. If these toxins are not removed, they can build up in the blood.

## Bone Marrow

Bone marrow is the soft tissue in the center of all the bones in the body. It produces both red and white blood cells. The white blood cells created in bone marrow can be further divided into two types: lymphocytes and phagocytes. These two types of white blood cells are the immune system's frontline fighters. Bone marrow also houses the lymphocytes known as B cells until they reach maturity. B cells fight illness by secreting antibodies into body fluids.

## Thymus

The thymus is located near the top of the lungs and behind the breastbone. It is key to immune response. Lymphocytes known as T cells get their name from the thymus because after the bone marrow produces them, they are passed on to the thymus, which fosters their development. T cells regulate immune response and

## Key Benefits and Features

- Helps maintain immune health
- Helps maintain a healthy lymphatic system
- Cleanses the lymphatic system
- Great for detoxification
- 60-count vegan capsules

attack infected or malignant body cells. The thymus also acts as the central clearinghouse of immune response, passing lymphocytes into the lymphatic system, which transports them to where they are needed.

## Lymphatic Vessels

The lymphatic vessels are the arteries that carry white blood cells throughout the body. These cells also can travel in the blood, but the lymphatic vessels are better equipped to transport the waste materials that the white blood cells pick up. Like small creeks that empty into larger and larger rivers, the lymphatic vessels feed into larger and larger channels. At the base of the neck they merge, and their contents are discharged into the bloodstream, which carries the waste to the kidneys for processing and removal from the body.

## Lymph Nodes and Spleen

Lymph nodes are small, bean-shaped stopping points that are spread throughout the body. They are "wait stations" for white blood cells to congregate until they are needed to fight invading pathogens. Clumps of lymphoid tissue are found in most parts of the body, especially in the lining of the digestive tract and the airways and lungs—all the places where pathogens can enter the body. These lymphatic tissues include the tonsils, adenoids and appendix. The spleen also contains special compartments where white blood cells gather and work.

The lymphatic system is composed of literally hundreds of



miles of lymphatic vessels and lymph nodes. It is key to the elimination of waste products generated throughout the body. Dead cells, one of the major components of this waste, collect in the lymph nodes, where they are passed on to the bloodstream, which, in turn, delivers them to the lungs, kidneys, colon and skin for elimination from the body. Together, all of the organs that make up the lymphatic system work to protect us from illness.

## How Herbal Release Works

Herbal Release uses several herbs to help your body to keep its lymphatic system healthy. This unique blend of herbs is known for aiding with regularity by expelling toxins, helping reduce free radicals with antioxidants and helping the immune system do its job by encouraging healthy cell growth and detoxifying the lymphatic system. The echinacea root extract in this formula is a powerful 4 to 1 extract, which aids the immune system.

## Herbal Release

Herbal Release is encapsulated in delayed-release, vegan, hard-shell capsules that have been designed to disintegrate after thirty minutes in the human digestive system. This differs from all other capsules in the AIM product line that disintegrate within a few minutes. The delayed release of the herbs allows them to further penetrate the digestive system to maximize the lymphatic cleanse.

## Cleansing Herbs & Extracts

- Barberry (root)
- Buckthorn (bark)
- Cascara Sagrada (bark)
- Chickweed (leaves)
- Dandelion (root)
- Echinacea (root) 4:1 extract
- Gotu Kola (extract)
- Atlantic Kelp (plant)
- Licorice (root)
- Parsley (leaves)
- Sarsaparilla (root)

## FAQs

### What is Herbal Release?

Herbal Release is an herbal lymphatic cleanser. It may also help with bowel regularity and immune health.

### Is there anyone who should not take Herbal Release?

Yes, Herbal Release is not recommended for children or pregnant or nursing women. People with kidney disease or high blood pressure should seek advice from a health care practitioner before use.

## How to use Herbal Release

- Take 1 to 2 capsules per day with meals. Drink more than 8 glasses of water per day while taking this product. Do not take for longer than 7 days. Alternate one week on and one week off.
- Not recommended for children or pregnant or nursing women. People with kidney disease or high blood pressure should seek advice from a health care practitioner before use.
- Keep out of reach of children.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.

### 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.

### May I take Herbal Release with other AIM products?

Many Members take it with AIM Herbal Fiberblend® to get complete detoxification effects.

### What is the difference between Herbal Release and Herbal Fiberblend?

As noted, Herbal Release is a lymphatic cleanser. It specifically targets immune system health.

Herbal Fiberblend provides overall detoxification and is also a good source of fiber. 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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