



AIM Composure®

AIM Composure® helps maintain your neuro health, especially in regard to dealing efficiently with stress. The Composure formula is made up of four herbal extracts and four whole herbs – alfalfa, marshmallow root, oatstraw, Irish moss, passionflower, shavegrass, slippery elm bark, and yucca. Many of these herbs contain flavonoids that are beneficial to overall health. Composure may be taken during the day to help with stressful situations or during the evening to help relax. Composure is 100 percent natural. There are no artificial colors, flavors, or preservatives.

Stress

The major cause of nervousness, anxiety, restlessness and sleepiness is stress. We need to be aware of how stress impacts our health.

A drop of water falling in the same spot over a period of time will eventually erode the surface it is impacting, whether concrete, rock, wood, or other substances. Stress and lack of rest are very much like that drop of water falling on the surface of our body, mind, and emotions. Its effect is cumulative and if left unchecked, can disrupt any or every part of our lives depending on its intensity.

Stress is the tension that results when our response to what is happening in a given moment triggers our flight or fight mechanism—how our bodies react to a shock or perceived threat. Stress can be useful in small doses. For example, the stress of seeing the finish line may cause an athlete to experience a burst of speed in the race for the finish. However, undue stress is above and beyond that which we were created to endure. It occurs when we work too much, sleep too little, struggle with family, work, financial, and social obligations, deprive our body of needed nutrients, or experience injuries.

When we experience stress, the adrenal glands release cortisol, a hormone designed to help our body utilize proteins, carbohydrates and fats to produce the energy to respond to whatever is causing the stress. Normally, cortisol levels are higher in the morning and diminish during the day allowing us to rest in the evening. However, when stress continues through the day and creates a demand for increased amounts of cortisol, adrenal exhaustion and unnaturally high levels of cortisol can result in sleeplessness, blood sugar irregularities, high blood pressure, fat accumulation, exhaustion and more. The overall result is that stress depresses the immune system and opens the doors to numerous health issues.



Key Benefits and Features

- Helps maintain neuro health
- Increases relaxation
- More than sixteen years of safe and beneficial use by AIM Members
- 200 mg of herbal extracts per capsule
- 200 mg of whole herbs per capsule
- Economical and convenient
- 60-count vegetarian capsules

AIM Composure

Composure is a special blend of the extracts and whole herbs of eight herbs that work together to help you in times of stress. You may find yourself more relaxed, and when combined with a healthy diet, experience a healthy sense of well-being.

Composure uses herbal extracts and whole herbs. The extracts are extracted from the whole herb and spray-dried back on to them in a special process that uses water, not harmful substances. Then they are ground. The whole herbs are also ground.

Composure is 100 percent natural. There are no artificial colors, flavors, or preservatives, nor are there any added sugars, salts, yeasts, or fillers. And, the capsule is vegetarian. Following are the individual herbs that make up Composure.

Alfalfa

Affects: stomach, blood

Alfalfa is one of the green grasses, which are some of the most nutritionally rich foods there are. It is a source of chlorophyll, vitamins, including A, D, E, K, and beta carotene, and minerals, including selenium. It is especially rich in minerals, as it pulls up nutrients from root depths as great as 130 feet. It is also an effective overall tonic used for rebuilding the body after serious or prolonged weakness or illness.

Irish Moss

Affects: lungs, kidneys, skin

Irish moss contains 15 of the 18 elements composing the human body. It contains vitamins A, D, E, and K and is also high in iodine and calcium.

Marshmallow Root

Affects: intestines, kidneys, bladder

Marshmallow root derives its botanical name from the Greek word *althe*, which means “to heal.” Humbart Santillo, in *Natural Healing with Herbs*, calls marshmallow root a nutritive. Michael Castleman, in *The Healing Herbs*, notes that it is a digestive aid. It also has a calming effect on the body.

Oatstraw

Affects: nerves, uterus, stomach, lungs

Research has shown that oat bran, and to a lesser extent oatmeal, may help reduce high blood cholesterol. Oats contain flavonoids, a number of minerals, vitamins B1, B2, D, E, and carotene, as well as wheat protein. It is a natural relaxant. Santillo, in *Natural Healing with Herbs*, notes that oatstraw is good for the nerves, and Penelope Ody, in *The Complete Medicinal Herbal*, notes that it may help with depression.

Passionflower

Affects: nerves, circulation

Passionflower was used by Native Americans to soothe the nerves, and it has been used more recently for hyperactivity, insomnia, Parkinson's disease, and nervous tension. Its constituents maltol, ethyl-maltol, and some flavonoids are potentially sedating, and another constituent, passiflorine, reportedly promotes calmness and ability to sleep. In Europe, passionflower is used in sedative preparations.

Shavegrass (Horsetail grass)

Affects: kidneys, blood, heart, and lungs

Shavegrass is a member of one of the oldest groups of plants on earth. The plant's success can be attributed to its ability to grow in poor soil with minimum moisture. It has been used

both internally and externally since the 16th century, usually as a powder. As an herb, the entire plant is used. It contains flavonoids and minerals.

Slippery Elm Bark

Affects: whole body

Slippery elm bark was used by Native Americans as a skin ointment. It heals burns, wounds, and poison ivy. It also boosts the adrenal glands and respiratory system, and draws out impurities. Castleman, in *The Healing Herbs*, and Ody, in *The Complete Medicinal Herbal*, cite the bark as being good for digestion. It neutralizes stomach acids.

Yucca

Affects: blood

The yucca is a cactus-like succulent common to the western United States and most of Mexico. It helps reduce inflammation and pain in joints.

How to use AIM Composure

- Take 2 capsules per day. You may take more or less, depending on an assessment of your daily needs.
- Close tightly after opening and store in a cool, dry, dark place (70-75 °F; 20.1-23.8 °C). Do not refrigerate.

Q & A

These herbs are also in AIM Herbal Fiberblend®. Why don't I just take this?

Composure was created because so many people experienced benefits from the herbs in Herbal Fiberblend and asked us to give them the herbs without the fiber. You can, of course, take Herbal Fiberblend and get some of the herbal effect.

Can I take Composure with Herbal Fiberblend or other AIM products?

Yes, you can take Composure with other AIM products. Taking Composure with Herbal Fiberblend will enhance the herbal benefits of Composure.

Will this product make me sleepy?

Some people do experience this effect, while others do not.

Do I need to take Composure every day?

The needs of each individual vary. Some people feel it is useful to take Composure only during times of stress. Others use it regularly as part of an overall health program. Composure should be used daily during the period of supplementation in which you choose to use it (as opposed to taking it two times per week or whenever you feel like using it). There is no problem with daily use of Composure from a safety point of view.

Is it better to take Composure during the day, or should I only take it at night?

Take Composure when you feel it is needed. Some people take it during the day to help with stressful situations, and others take it in the evening to help relax.

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