



# AIM *Cascara Sagrada*™

**NPN 8000569**

## AIM Cascara Sagrada is a laxative from Mother Nature's garden.

Anyone who suffers from constipation knows how miserable this condition can be. Diet is often the main culprit. We eat too much processed food and sugar, and not enough fibre, fruits, and vegetables. Poor eating habits, such as eating too quickly or irregularly, exacerbate the problem. Other causes include inactivity; depression; metabolic imbalances, such as low hormone levels; chronic illnesses, such as diabetes; the use of iron supplements, as well as the use of some prescription drugs. Constipation can become an uncomfortable problem, which in time, can lead to other more serious health issues.

There are two main types of constipation. Acute constipation involves short-term bloating, discomfort, and inability to evacuate the bowels, and it is most often caused by a lack of fibre, fluid intake and exercise. Chronic constipation is the inability to regularly evacuate the bowels over longer periods—months or years. Ongoing constipation can lead to indigestion, hemorrhoids, flatulence, diverticulitis, bad breath, body odour, insomnia, varicose veins and more critical health problems.

For those who suffer the inconvenience of occasional constipation, there is welcome relief with Cascara Sagrada™. Traditionally used as a laxative, Cascara Sagrada™ can produce a mild, gentle effect and is recognized as a safe, natural alternative to the otherwise harsh, over-the-counter laxative remedies.

### Promotes fast, gentle results

Cascara sagrada has been tested in a number of clinical trials for its value in providing a thorough, yet gentle cleansing of the colon.

AIM Cascara Sagrada™ contains 21 mg of the active ingredient cascarioside A, which falls within the recommended daily dose of 20–30 mg. Clinical researchers have isolated several anthraquinone

glycosides, which are the compounds that stimulate laxative activity. These active substances promote blood circulation and nerve centre stimulation, which increases peristalsis, the vigorous wavelike contractions of the large intestine that keep food moving through the digestive system and trigger a laxative effect. When the process speeds up, the body produces a softer, quicker bowel movement because the intestine has had less time to absorb liquid from the stool.

Cascara sagrada is considered one of the safest laxatives that can be used to tone the colon. It is also valued for its usefulness in detoxification and colon cleansing, and it has been used in cleansing programs prior to surgery or bowel exam. Studies have shown that cascara sagrada is especially gentle and effective in easing chronic constipation in the elderly.

Along with conventional measures to soften the stool, such as adding plenty of fibre to your diet, as well as water and exercise, the use of cascara sagrada makes sense for the relief of occasional constipation. It can help prevent the pressure and pain associated with hemorrhoids and anal fissures. In fact, by speeding up the bowel movements, hemorrhoids are less likely to develop.

### Medicinal Ingredient: (per capsule)

**Cascara Sagrada Bark Powder 500 mg —**  
(contains 21 mg of the active ingredient cascarioside A.)

Cascara sagrada (*Frangula purshiana*) is a deciduous tree native to the Pacific Northwest, and can be found in forests ranging from northern California to British Columbia. The reddish brown bark of the tree was used by various Native American tribes, who passed on their *sacred bark* to the Spanish explorers. Other European settlers later adopted this traditional remedy for constipation and digestive discomfort, but it



was not until 1877 that cascara sagrada became widely recognized by the international pharmacopoeia.

Today, the bark is aged or cured, and then ground into a powder before it is used in commercial preparations. The use of cascara sagrada as a laxative has been approved in the *Natural Health Product Directorate Monographs* from Health Canada.

**Recommended Use:** Traditionally used as a laxative.

**Recommended Dose (Adults):** Take orally 1 capsule daily. You may wish to take AIM Cascara Sagrada™ at bedtime. Do not use for more than 7 days.

**Risk Information:** Consult a health care practitioner prior to use if taking cardiac glycosides, corticosteroids, or antiarrhythmics. Do not use if you are pregnant, breastfeeding, taking drugs inducing hypokalaemia or thiazide diuretics or if you have intestinal obstructions.

## Q & A

*Can I take AIM Cascara Sagrada™ with other AIM products?*

You can take Cascara Sagrada™ together with AIM FibreBalance® or AIM Herbal Fiberblend® for total detoxification results. This combination helps you maintain bowel regularity, scour the intestinal walls, and rid your body of toxins. Take Cascara Sagrada™ one hour before or thirty minutes after taking AIM LeafGreens™, BarleyLife®, or other AIM products.

*Is there anyone who should not use Cascara Sagrada™?*

Long-term use of any laxative, including cascara sagrada, can lead to a potassium deficiency. A low potassium level in the body can increase the effect of digitalis drugs and cause irregular heartbeats. Consult a health care practitioner if your constipation lasts for more than one week.

## Key Benefits & Features

- Helps provide relief from occasional constipation
- Promotes a soft stool
- Laxative effect works gently and efficiently
- Helps to tone the colon and provide complete detoxification
- May be used with dietary fibre to help maintain colon health
- Historically proven safe and effective
- All natural herbal formulation
- Works effectively to produce laxative results within six to eight hours
- Mild enough for use with the elderly
- Traditionally used as a laxative
- 500 mg cascara sagrada (*Frangula purshiana*) contains 24 mg of cascaroside A per capsule
- 60 vegetarian capsules
- **Health Canada Natural Product Number — NPN 80000569\***

*To further support digestive health, consider adding Herbal Fiberblend or FibreBalance, AIM PrepZymes®, and AIM FloraFood®.*

Distributed by:

\*An NPN indicates Health Canada has assessed the product for its safety, claim, and quality, and has authorized it for sale in Canada.