



AIM JUST Carrots®

It is well-established that carrots are a healthy food. They contain many important nutrients – including alpha- and beta-carotene, B vitamins, vitamin C, plus calcium, iron, potassium, and many antioxidants, including lutein. AIM Just Carrots® provides the nutrition you need to develop a strong foundation for your good health.

Beta-carotene and vitamin A

Beta-carotene is one of about 600 similar compounds called carotenoids, which are present in many fruits and vegetables. Of all the carotenoids, beta-carotene is known for its efficient conversion to vitamin A. Plant sources that are rich in beta-carotene include potatoes, spinach, mango, cantaloupe, kale, and tomatoes, but the highest source of beta-carotene may be found in raw carrots, steamed carrots, and carrot juice.

The body changes beta-carotene found in these foods into vitamin A, which is important in strengthening the immune system and promoting healthy cell growth, including reproductive functioning. Vitamin A helps cells reproduce normally – a process called differentiation (cells that have not properly differentiated are more likely to undergo pre-cancerous changes). For this reason, beta-carotene, as a precursor to vitamin A, is a natural antioxidant.

Vitamin A plays an important role in vision by helping to maintain the mucosal linings of the eyes, and is required for the transduction of light into nerve signals in the retina. Although vitamin A deficiency blindness is relatively rare in North America, a vitamin A deficiency may result in making the cornea very dry and promoting damage to the retina and cornea.

Vitamin A also contributes toward good respiratory, urinary, and intestinal health by protecting mucous membranes. When these linings break down, bacteria can enter the body and cause infection. Some researchers think that vitamin A helps lymphocytes, a type of white blood cell that fights infections. In this way, vitamin A may contribute toward boosting the immune system.



Key Benefits and Features

- Helps maintain whole body health
- Powerful antioxidant, prevents cell damage
- Special nutrition for the eyes and skin
- Helpful as a dietary supplement for those concerned with age-related diseases
- Benefits of live enzymes
- More than 26 years of safe and beneficial use by AIM Members
- Pure juice product, minimal fiber present
- Tested pesticide-free
- Each canister contains nearly 139 large carrots
- No added sugars, artificial coloring, or sweeteners
- Benefits of juicing without the inconvenience
- 14.1-oz (400 g) powder

Antioxidants

Beta-carotene is much more than just a natural source of vitamin A; it is also an important antioxidant. Only so much beta-carotene can be changed into vitamin A, and that which is not changed contributes to boosting the immune system. Antioxidants fight free radicals and help prevent them from causing membrane damage, DNA mutation, and lipid (fat) oxidation, all of which may lead to many of the diseases that we consider “degenerative,” such as cataract or macular degeneration of the eye, heart disease, or cancer.

Benefit of juicing

Fresh fruit and vegetable juices are rich in enzymes that spark the hundreds of thousands of chemical reactions that occur throughout the body. Enzymes are essential for the digestion and absorption of food, for conversion of foodstuffs into body tissue, and for the production of energy at the cellular level.

In fact, enzymes are essential for most of the building and rebuilding that goes on in our bodies every day. Without enzymes, and the sparks they provide, we would be helpless: a bag of bones, unable to walk, talk, blink, or breathe. When foods are heavily cooked, enzymes and helpful phytochemicals can be destroyed; that is why raw or steamed vegetables

and fresh juices are so important to us. They provide us with an excellent source of all-important enzymes and phytonutrients.

When you eat raw carrots, only 1 percent of the beta-carotene is absorbed by the body. Lightly steaming carrots breaks down the fibrous walls of the vegetable and increases the body's absorption to 19 percent. The process of juicing reduces plant fiber as well, allowing vital nutrients to become easily absorbed by the body.

Juicing provides another benefit to good health – water. Water is essential in the digestion and transportation of food, in the elimination of waste, in the lubrication of joints, in the regulation of body temperature, and in cellular processes; all physiological functions rely on water in one way or another. Most health professionals recommend that we drink eight glasses of water per day.

Just Carrots

Just Carrots is made from natural carrot juice crystals with only the fiber removed. Twenty-two pounds of raw carrots are used to make one canister of Just Carrots powder.



The carrots used in Just Carrots are tested pesticide free, ensuring that you will get no harmful toxins. A special process is used to produce Just Carrots

that ensures nutrients and enzymes remain active. This process does not use added sugars, sweeteners, or artificial colors to produce Just Carrots.

How to use Just Carrots

Take 1 Tablespoon once per day. Mix with water, juice, or other products of the AIM Garden Trio®. For best results, place Just Carrots powder dry under the tongue.

Drink Just Carrots juice immediately after mixing it. Just Carrots is best taken on an empty stomach: 30 minutes before or two hours after a meal.

Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C). Do not refrigerate.

You may mix Just Carrots with other AIM products, except AIM Herbal Fiberblend®. Take Herbal Fiberblend one hour before or 30 minutes after taking Just Carrots powder.

Q & A

Can I take too much beta-carotene?

Beta-carotene is nontoxic and does not appear to affect health apart from strengthening the immune system. This is unlike synthetic vitamin A supplements, which can be toxic in large doses. People who take exceptionally large quantities of beta-carotene may experience a change in skin tone known as carotenemia. This condition gives the skin a golden tone and is not harmful.

Are the carrots in Just Carrots organically grown?

The carrots for Just Carrots are tested free of pesticides and herbicides .

What can you tell me about the processing used for Just Carrots?

Just Carrots uses a special three-step process. In this process, beneficial heat-sensitive enzymes are not destroyed. This has been validated by testing the enzyme activity of Just Carrots when reconstituted in water.

Is beta-carotene safe to ingest?

The National Institutes of Health states that “provitamin A carotenoids such as beta-carotene are generally considered safe because they are not traditionally associated with adverse health effects.”

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