

# NEWS

## OF NUTRITION

### Healthy Weight Loss

(NAPSA)—One way to drink to your health may be with a nutritional fruit smoothie that helps you lose weight.

Unlike most shakes, which contain artificial flavorings, colorings and additives, SlimMetrix™ is a nutritionally balanced fruit smoothie which helps to balance blood sugar levels, increase energy and manage weight.

The main ingredient in this smoothie is real blueberries. Vegetable fiber is added to promote digestive health, weight loss and suppress hunger. Soy protein provides up to eight grams of protein per serving.



In addition to the SlimMetrix smoothie, AIM's

Weight Loss Plan includes a second dietary "booster" supplement containing chromium, which is said to assist in fat loss while maintaining lean muscle mass. These two products comprise the AIM companies latest addition to their holistic Health Solutions™ Program.

AIM's Weight Loss Partnership Plan features a weight loss journal, guide and audio tapes designed to assist individuals in obtaining their weight loss goals. These tools can help people make lasting changes in their nutritional health.

"A weight-loss program that works, works over a lifetime; it provides an individual with the tools necessary to maintain weight loss in the long run," said Dr. Andrew Myers, vice-president of product research and development and chief science officer for the AIM Companies.

For more information about AIM's Weight Loss Plan, visit [www.theaimcompanies.com](http://www.theaimcompanies.com) or call 1-800-611-7488, option 1.