



PURE BARLEY



Skip the grain; eat the leaves instead! Enerex Pure Barley provides 3000 mg of 100% certified organic raw Barley Grass juice per serving. The young leaves of barley plants, referred to as “Barley Grass,” provide compact, nutrient-rich food that has powerful anti-inflammatory, and cholesterol- and blood pressure-lowering properties. Barley Grass juice contains over 1000 different enzymes, and is very alkaline, which helps to maintain your body's optimum acid-alkaline balance.

Enerex Pure Barley is gluten-free. It is 3rd party tested to verify less than 20 parts per million of gluten. Gluten is found in barley grain, not its leaves.

Plant power

Barley “grass” refers to the tiny leaves of young plants, which are close cousins of green leafy vegetables. But they offer far greater amounts of nutrients and health-promoting components compared to green vegetables, ounce per ounce. That is why Barley leaves are known as “supergreens,” and the nutrients are very different than the starchy grain kernel. Supergreen Barley Grass has been studied for cholesterol and blood pressure lowering effects, having anti-inflammatory and anti-ulcer properties, increasing the immune system, and cancer prevention.

What makes a plant green?

Chlorophyll, which is stored sunlight, gives leaves and plants their green colour. It is the plant's equivalent of the oxygen-carrying red hemoglobin in human red blood cells —

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and is called the “blood of plants.” Eating bright chlorophyll-rich green plants like Barley Grass gives energy and helps reduce disease risks. Chlorophyll has been linked to healthier blood, better wound healing and immune system functioning.

Why Barley Grass?

Barley Grass contains almost all known minerals, creating a compact, easily absorbed mineral supplement. The nutritionist-author of the book *Living Food for Health: 12 Natural Super-foods to Transform Your Health* states, “Barley Grass offers more protein than a sirloin steak, five times more iron than spinach or broccoli, seven times more vitamin C than oranges, and ten times more calcium than cow’s milk.” It’s also high in vitamins A, B, E, K, zinc, potassium, phosphorous and magnesium.

Soothe the body with supergreens

Because supergreen foods are very alkalizing, taking Barley Grass has shown to balance the blood’s pH level and reduce acidity. Most North Americans diets are acidic due to eating processed and refined foods, red meat and sugar, and drinking alcohol and caffeine. Acidity can lead to mineral imbalances, weakened immune system, increased inflammation, and eventually diseases.

Protein power – go green!

Ever wonder where animals that simply graze on fields get their protein? Barley Grass contains 18 amino acids including the 9 essential amino acids that we must get from food because the body cannot create them by itself.

Is Barley Grass new?

Barley Grass has been cultivated since 7000 BC, but has been a supplement in the western world since the 1940s. In the 1970s, Barley Grass juice became a popular energy drink. **Enerex Pure Barley** is picked fresh, processed as juice, and the juice is then dried to retain enzymes and reduce the fibrous mass that is found in regular dried plant supplements. This offers more therapeutic benefits.

How can we digest this grass?

Barley Grass leaves are highly digestible, which allows the body to absorb and use its nutrients quickly. Barley Grass contains many digestive enzymes — substances that help digest and reduce indigestible materials in food. Its enzymes may help improve symptoms related to stomach ulcers, constipation, food intolerances, acid reflux, ulcerative colitis and celiac disease symptoms. (Barley grass stimulates the growth of

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friendly bacteria, which improves symptoms.) It has been used to help detoxify the liver, kidney and digestive tract.

Antioxidant grass?

Of the 3000 known enzymes that are vital for life, Barley Grass contains over 1000 of them, including the potent antioxidants called:

1. Cytochrome Oxidase (COX)
2. Superoxide Dismutase (SOD)
3. 2"-O-Glycosylisovitexin (2-O-GIV)

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