

"A New Awakening in Your Lifestyle!"

Our Barley Gold product is a nutritional supplement. It is a natural, highly digestible, whole food product with bountiful nutrients that raise it to the category of a super food. A natural balance of abundant nutrients is contained in this enhanced barley product.

How was Barley Gold™ originated?

Barley Gold was first formulated with Agriculture Canada to test barley feed with broiler chickens. The Growth Enhancement Method (G.E.M.) combined with the Nutrient Stabilization Process (N.S.P.) enhanced the value of the feed enormously. Physiological results were also remarkable. So much so, that we believed people could also benefit greatly from this enhanced barley. With further study and development the all natural whole food product that is known today as Barley Gold came into existence.

What research has been done on the effectiveness of this product?

As mentioned, testing was done on broiler chickens. They make good test subjects as they don't respond to placebos and because they have a relatively short life span, so extensive batteries of tests could be completed. The bioassay (animal feed tests determining efficacy's tests) concluded the broiler chickens had higher red and white blood cells, higher bone density, stronger hearts, leaner but not heavier muscle mass, and a higher intestinal viscosity.

Barley Gold is being used in a study by nutritionists in Toronto, Canada. It is being used as a nutritional supplement taken during a fasting, cleansing regime. The idea of the Barley Flush was: "To subsist entirely on a food substance which is rumored to have a useful way of promoting healthy function in organ and tissue systems, while restoring dysfunctional cells." Each applicant was given a short questionnaire, a nutritional evaluation and consultation, EAC Testing (Electrodermal), daily record charts and a self-assessment report.

What are the nutritional elements contained in Barley Gold™?

Barley has Biblically and historically been known as a nutrient rich food. Our whole food barley product provides a bountiful, natural balance of nutrients. The nutrients naturally found in barley are enhanced in the Barley Gold product. The following chart lists some of the nutritional values of both regular barley and N.S.P. barley.

<i>Test</i>	<u>Nutritional Values</u>			
	<u>Regular Barley</u>	<u>N.S.P.</u>	<u>Barley Difference</u>	<u>% Change</u>
	5% Digestible	*97% Digestible		
Crude Fiber	5.50%	3.80%	(1.70%)	-31%
Crude Fat	1.90%	1.80%	(0.10%)	- 5%
Ash	2.80%	2.20%	(0.60%)	-21%
Crude Protein	9.00%	10.20%	1.20%	13%
Available Protein	8.90%	9.40%	0.50%	5%
Soluble Protein	2.80%	4.70%	1.90%	68%
Available Insoluble Protein	6.20%	4.80%	(1.40%)	-22%
Non-Structured Carbohydrates	62.40%	66.50%	4.10%	6%
ADIN (nitrogen)	0.02%	0.13%	0.11%	550%
ADIN (protein)	0.13%	0.81%	0.68%	523%

Acid Detergent Fiber	23.90%	19.30%	(4.60%)	-19%
Nitrogen Free Extract	80.80%	81.90%	1.10%	1%
Total Lipids	34.4 g	36.6g	2.20g	6%
Calcium	0.07%	0.05%	(0.02%)	-28%

<i>Test</i>	<i>Regular Barley</i>	<i>N.S.P.</i>	<i>Barley Difference</i>	<i>% Change</i>
Phosphorus	0.43%	0.39%	(0.04%)	-9%
Magnesium	0.16%	0.15%	(0.01%)	-6%
Potassium	0.50%	0.52%	0.02%	4%
Salt	0.03%	0.03%	0%	0%
Sodium	0.01%	0.01%	0%	0%
Copper	4 ppm	6 ppm	2 ppm	50% SOD
Iron	83 ppm	66 ppm	(17ppm)	-20%
Manganese	17 ppm	32 ppm	15 ppm	88% SOD
Zinc	39 ppm	45 ppm	6 ppm	15% SOD
Alanine	0.42 g	0.39 g	(0.03)g	-7%
Amino Butyric Acid	0.61g	1.00g	0.39g	64%
Arginine	5.89g	6.32g	0.43g	7%
Cystine	1.81g	1.55g	0.26g	-14%
Glumatic Acid	23.7g	23.1g	(0.60)g	-2%
Glycine	4.76g	4.39g	(0.37)g	-8%
Histidine	3.02g	2.91g	(0.11)g	-4%
Isoleucine	4.01g	4.12g	0.11g	3%
Leucine	7.84g	8.15g	0.31g	4%
Lysine	3.98g	4.02g	0.04g	1%
Methionine	2.05g	2.05g	0.00g	0%
Phenylalanine	7.37g	6.26g	(1.11)g	-15%
Proline	10.5g	11.3g	0.8g	<1%
Serine	5.14g	4.10g	(1.03)g	-20%
Threonine	4.52g	3.33g	(1.19)g	-26%
Valine	4.86g	5.14g	0.28g	6%
Fatty Acid % of Total Triglyceride				
Linoleic	57.4%	58.10%	0.70%	1%
Linolenic	6.02%	6.38%	0.36%	6%
Oleic	14.40%	13.10%	(1.30%)	-9%
Palmitic	21.30%	22.00%	0.70%	3%
Stearic	0.69%	0.55%	(0.14%)	20%

What are the benefits of taking Barley Gold™?

Due to the enhanced digestibility (97%!), from the **Nutrient Stabilization Process (N.S.P.)**, the Barley Gold can transport more amino acids and nutrients to our organs. In doing so, the essential nutrients that our bodies need, enables the body to heal and rid toxins effectively. The benefits from this product come from the various nutrients themselves. The Nutrient Stabilization Process (N.S.P.) has increased the SOD levels individually as seen below. Adding the **97% Digestibility** into the equation increases the SOD levels extremely!

Copper	50%
Manganese	88%
Zinc	15%

“For example zinc, copper and manganese form a very potent antioxidant called SOD or superoxide dismutase. This enzyme is a very powerful anti-oxidant that actually neutralizes free radicals and prevents damage to our cell membranes. When the membranes are being assaulted by smoke, radiation from the sun, poisons or chemicals, SOD acts to repair them. If we don’t

have enough zinc, copper and manganese, the repair process will not be effective. (Colbert, M.D., Don Walking in Divine Health Soloam P.)

Sod's are free radical scavengers. Free radicals are found in inflamed cancerous tumors, and other inflammations and degenerative diseases such as arthritis. (Dr. Harold Klassen) Zinc, copper, and manganese are found in barley and enhanced in Barley Gold.

Barley is naturally rich in other minerals also, from calcium and potassium to B-complex vitamins and it's high in antioxidants called tocals that are known for ages in the Middle Eastern cultures as heart medicine. ("The Edmonton Journal" Oct. 27 1999)

How much of this product is usable for my body?

This product is highly digestible and useful to the body as a dietary source for nutritional supplement. 'Out of the bottle' or chemical pill sources have less evidence of usefulness. Natural sources of nutrients are generally more available for use by the body. Barley Gold is mechanically (not chemically) treated by our Growth Enhancement Method, of the product. A dramatic increase in digestibility is produced. Also finely ground grains are more rapidly digested than more coarsely ground grains.

What does the Barley Gold TM look or taste like?

Barley gold is in a flour-like, powdered form. It has the ability to take on the taste of whatever it is put into. In other words it can be easily camouflaged for children if put into apple cider, yogurt, or even chocolate soymilk. Alone it has a taste similar to nutty flour. The simplest means of intake is to take a spoonful and wash it down with water. You can put it in juice, your favorite smoothie, or soymilk. Stir it into your cereal or cooled porridge. You can be quite creative, but avoid putting the Barley Gold in anything that is over 35 degrees Celsius (105 degrees F). So do not microwave, cook or bake with Barley Gold.

How and how long do I store this product?

If the Barley Gold is stored in a sealed container in your cupboard or on your counter, then that is usually good enough. If the climate is humid, it is best to keep it in the fridge, and definitely sealed. Do not leave the Barley Gold in an overheated car, or in any heat above 35 degrees C. (105 degrees F.) Freezing the Barley Gold is fine, but will not postpone the life expectancy any further. Life expectancy is a bit over a year, which is a remarkable shelf life that is due to our natural process called Nutrient Stabilization Process (NSP). The container will have a best before date. The containers hold approximately a one-month supply.

If I like the Barley Gold TM, and want to share it with friends and family, is there an incentive plan?

Word of mouth has been Barley Gold's main marketing. When our customers are seeing and feeling the benefits, they are our best salespeople. We want to support and reward your efforts for passing on the gift of health. Our "Referral Program" is:

****Refer six new 4-Pack customers to us and you will receive a complimentary 4-Pack for yourself!****

For more information contact your Barley Gold™ distributor.

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“The Best Food is the Best Medicine!” Hippocrates