



# AIM BarleyLife®



BarleyLife is an all-natural, green barley grass juice powder concentrate. Our cold-processed technology preserves the natural amounts of vitamins, minerals, chlorophyll, antioxidants, phytonutrients and enzymes.

## How is BarleyLife Unique? —————

- A pure extracted juice with all fiber removed
- Barley grass is harvested when the leaves are young to yield the highest quantity of nutrients
- Harvesting is done at night to maximize nutrients and keep the grass cold
- Proprietary processing technology keeps the juice cold to create a raw powder

## Approach —————

Research in the late 20th century revealed that young barley grass is the most nutritious of the green grasses. Japanese researchers discovered that young, green barley grass contains a wide spectrum of vitamins, minerals, amino acids, proteins, enzymes, chlorophyll, and phytonutrients. Researchers also discovered that young barley is at its nutritional peak before the beginning of the reproductive cycle, when the plant channels nutrition to the seed heads. In fact, when harvested at this early stage, young barley leaves have a different nutritional make-up from their mature counterparts.

As research progressed, it was discovered that when young barley grass is juiced and the fiber has been removed, the vast nutritional profile of barley becomes bioavailable. However, the nutrients in the liquid state were quite fragile and had to be consumed within a very short time to retain their nutritive value.

To provide a realistic shelf life, AIM uses a proprietary processing technology in which the barley leaves are harvested with state-of-the-art equipment when their nutrients are potent. Within minutes, the leaves are juiced (not milled) and processed using an innovative, and efficient cold processing method for maximum nutrition and fresh-tasting juice powder.

## Superoxide Dismutase (SOD) —————

Green barley leaves contain a multitude of enzymes. Enzymes are essential for the thousands of chemical reactions that occur throughout the body. The enzyme SOD is a powerful antioxidant that defends against free radicals, especially superoxide, one of the reactive oxygen species. Superoxide is believed to be

## Key Benefits and Features

- Daily nutrition from BarleyLife provides you with a strong foundation for good health
- Increases overall energy
- Helps alkalize the body naturally
- Contains the enzyme superoxide dismutase (SOD)
- Delivers lutonarin and saponarin, two powerful antioxidants
- Each serving provides greater than 22 mg of chlorophyll
- One tablespoon amounts to 6.24 cups of barley leaves
- Eliminates the task of juicing
- Tested pesticide-free

responsible for the breakdown of synovial fluid that leads to the inflammatory response in joints. SOD is heat sensitive, and it is considered to be a measurement of overall enzymatic activity. BarleyLife has been tested by a third party laboratory to have the superoxide radical scavenging capacity against superoxide of 972 mcg mole TE/serving.

## Lutonarin and Saponarin —————

Present in young barley leaves, lutonarin (7-O-GIO) and saponarin (7-O-GIV) are natural plant flavonoids that serve as very powerful antioxidants in BarleyLife. Research in New Zealand has shown that lutonarin and saponarin content in barley leaves increases with UV exposure, indicating that barley grass grown indoors would contain a minimal presence of these antioxidants.

## Alkalinity (pH) ———

BarleyLife has a strong alkalizing effect, which helps keep our ratio between acidity and alkalinity balanced.



Most processed foods are acidifying, and when we consume too many of them, the acid-alkaline balance is upset. BarleyLife contains the alkalizing minerals potassium, calcium, and magnesium. These minerals neutralize acidic materials and can help maintain a healthy acid-alkaline balance. Order an AIM pH Test Kit (5488E US) to determine whether you're consuming too many acidic foods.

## Chlorophyll

Chlorophyll is essential in plant photosynthesis. During this process, chlorophyll in the barley leaves captures the sun's solar energy and creates nutrients—energy for the plant to grow. Our cold process for harvesting and drying barley grass ensures the preservation of chlorophyll from leaf to powder.

## BarleyLife powders

6.35 oz (180 g) / 45 servings

12.70 oz (360 g) / 90 servings

## BarleyLife capsules

280 vegan capsules / 40 servings

## BarleyLife samples

Single packets / 6 servings

## BarleyLife Xtra powder

12.70 oz (360 g) / 80 servings

## FAQs

### Is there anyone who should not use BarleyLife?

BarleyLife is a whole food so most people should be able to take it.

### I started taking BarleyLife, and I feel worse. Why?

When you make a change in your diet, your body often goes through a cleansing known as detoxification. This can manifest itself in fatigue, rashes, and headaches. For more information, see AIM's Detoxification datasheet.

### What is brown rice oligodextrin?

Brown rice oligodextrin is a complex carbohydrate that functions as a buffer between the enzymes and other molecules, stabilizing and maintaining the nutrients in BarleyLife.

### How much natural sugar is in each 4 g serving?

Each 4 g serving contains only 1 g of natural sugars from the barley juice.

## How to use the BarleyLife products

- Take one rounded teaspoon 2 times per day or 7 capsules daily. Many people start with 1/2 teaspoon or 3 to 4 capsules per day and gradually increase their serving every four to five days.
- Young children should begin with 1/8 teaspoon per day and gradually increase to 1/4 teaspoon.
- Drink immediately after mixing it in 6 oz/180 ml water or your favorite juice.
- BarleyLife delivers the greatest benefits when taken on an empty stomach, 30 minutes before or two hours after a meal.
- You may take BarleyLife with other AIM products. To receive the greatest absorption of nutrients, take AIM Herbal Fiberblend® one hour before or 30 minutes after taking BarleyLife.
- AIM recommends BarleyLife with Just Carrots and RediBeets. These three together are known as the AIM Garden Trio.

### I live in a place with high humidity. How else can I store BarleyLife?

AIM BarleyLife can be put in a newer freezer (equipped with a dehumidifier) to preserve the nutrients and prevent humidity-related clumping. Shake canister well before opening. Do not refrigerate.

### How is BarleyLife Xtra different than BarleyLife?

BarleyLife Xtra is a naturally cherry-apple flavored version of BarleyLife with 18 different fruits and vegetables. Each serving of Xtra contains one serving of BarleyLife.

### Is the "natural cream flavor" in BarleyLife Xtra from dairy?

The natural cream flavor is a combination of natural ingredients that mimic the taste of cream. These plant-based ingredients are derived from vegetable sources only, so they are acceptable for vegans. The 'cream' does not contain dairy products.

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