

# BARLEY GRASS



## Barley

Barley (*Hordeum vulgare*) is grown primarily for its cereal grain, but the grass portion of the plant provides a rich source of minerals and choline. Eating barley and other whole grains improves your food quality score (FQS).



## Phytoactives

### Flavonols

Phytoactive compound with anti-inflammatory, anti-microbial, and anti-cancer activities

**Lutonarin<sup>2</sup>**  
**Saponarin<sup>2</sup>**

### Flavones

Phytoactive compounds with anti-inflammatory, anti-microbial, and anti-cancer activity

**Cynaroside<sup>3</sup>**  
**Isoorientin<sup>3</sup>**  
**Isovitexin<sup>3</sup>**  
**Luteolin<sup>3</sup>**

**Luteolin-3-7-di-glucoside<sup>3</sup>**  
**Orientin<sup>3</sup>**  
**Vitexin<sup>3</sup>**

### Chlorophyll

Green pigment in plants with potential anti-inflammatory, antioxidant, and anti-bacterial activity

### Phenolic Acids

Phytoactive compounds that promote antioxidant activity and promote vascular health

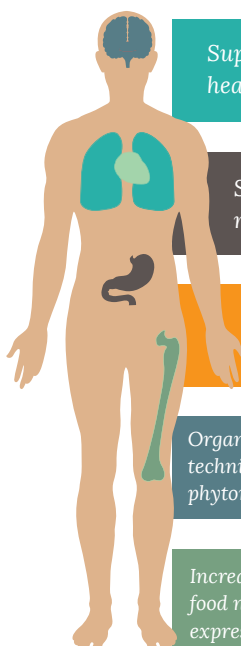
**Chlorogenic Acid<sup>3</sup>**  
**Ferulic Acid<sup>3</sup>**

### Fiber

Promote healthy cholesterol levels, promote cardiovascular health, support healthy bowel function

**Arabinoxylan<sup>4</sup>**

## What is the Whole Food Matrix?



Supports balance immune modulation for healthy inflammation response.

Supports the gut microflora and a healthy metabolic fingerprint of the gut.

Benefits of nutrients food matrix enhances bioavailability by up to 60%.

Organic and adaptive regenerative farming techniques delivers nutrient dense source of key phytonutrients and helps balance healthy lifestyles.

Increased intake of vegetables and fruits in whole food nutrition influences individual epigenetic expression of our health potential.



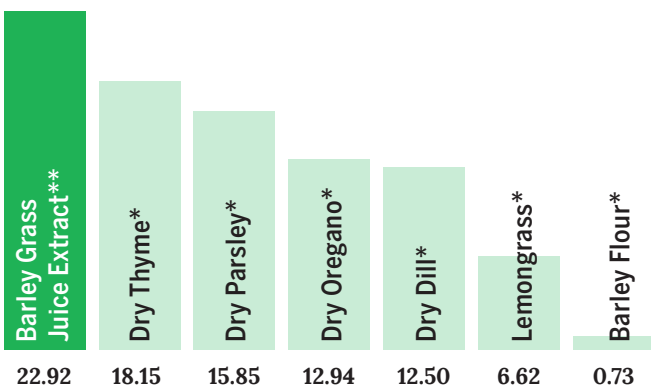
## Gallic Acid Equivalence

### What is GAE?

GAE, or “gallic acid equivalence,” indicates levels of important phytoactives available in the plant and extracts. GAE is derived by comparing to the gallic acid reference standard, a simple phenolic substance. Studies have shown that phytoactives in plants contribute to their beneficial effect on development of chronic diseases.

## Total Phenolic Concentration

Measured: Total Phenolics as Gallic Acid Equivalence (mg/g)



\* Data is mean values from Phenol-Explorer Database<sup>1</sup>

\*\* Data on file with Wholistic Matters

Values subject to change based on strain and experimental methods

## Key Nutrients

Percentages shown as %DV per 5g of barley grass extract

### Riboflavin

Water-soluble vitamin vital for energy production, cell function, metabolism, and growth/development.

13%

### Biotin

B vitamin necessary for energy metabolism, histone modification, gene regulation, and cell signaling.

13%

### Iron

Used by the body to make red blood cells, hormones, and connective tissue.

12%

### Potassium

Nutrient supporting healthy blood pressure.

11%

### Manganese

Essential mineral incorporated in enzymes that metabolize macronutrients; helps protect mitochondria from oxidation and forms both collagen and cartilage.

11%

## Other Nutrients

(in order of %DV per 5g barley grass extract)

Magnesium

Calcium

Folate (Vitamin B9)

Copper

Vitamin B6 (Pyridoxal

5'-phosphate)

Phosphorus

Selenium

Niacin (Vitamin B3)

Pantothenic acid (Vitamin B5)

Choline

Protein

Zinc

Fiber

Thiamin (Vitamin B1)

Lipids

Carbohydrate



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## References

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