Trust The Leaf™

Barley Grass

Latin Name
Hordeum vulgare



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Description
Barley grass grown in the winter and early spring on the Midwestern plains. Because it matures slowly and is tempered by the weather, it provides a greater nutritional value and a lower sugar content than Wheat Grass or Barley Grass sprouted indoors in a warmer environment.

Usage
Barley is considered a super food, high in nutrient cofactors. Barley was the first cereal crop to be cultivated. The Egyptians and Greeks believed barley was a sacred gift from the Gods.*

Recommended Daily Dosage
Take two to three capsules three times daily with water at mealtimes or prepared as a tea.

The following list is for serving size of 3 capsules

Primary Ingredients	***Amount***	***USRDA***
Barley Grass	1.5 g	0%

Other Ingredients
Gelatin, Magnesium (oxide, aspartate)

Sizes & Suggested Retail Price
100 capsules - $12.49

Where to BUY?

Synergistic Products
Alfa-Max
Alfalfa Leaves
Chlorella
Nettle

Quality Issues
Product Quality Issues: Nature's Way Barley Grass is 100% whole leaf powder. We maintain the natural plant fiber and nutritional benefits of the whole plant. On an equal weight basis, Nature's Way Barley Grass has twice the fiber content of bran. Nature's Way Barley Grass is specially grown without the use of herbicides or

pesticides. Immediately after harvest, the grass is dehumidified at low temperatures to preserve the healthy goodness of this chlorophyll-rich green grass.

Additional Information

Our barley grass is harvested when it is eight inches tall for optimal nutrient potency.

Product Q&A

1. Is there gluten in Nature's Way Barley Grass?
   Typically, gluten is only found in the seed; therefore, since Barley Grass is harvested long before the stalk is formed, this product does not contain gluten. This product should not trigger a reaction for those with allergies.

2. What is the difference between products that use the whole plant versus those with dried juice?
   Some products maintain that a juice is assimilated faster than the whole plant. This would be true of fresh juice or a powder reconstituted in water, but less so for tablets or capsules of powdered juice.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.