



# BarleyLife® Xtra

**AIM BarleyLife® Xtra is a whole food concentrate that promotes good health by providing a rich source of easily assimilated nutrients from barley grass, vegetables, and fruits.**

**True nourishment:** We all know we need to eat fruits and vegetables. Health Canada's Food Guide to Healthy Eating recommends 5-12 servings a day, but that can be difficult – especially for kids and finicky adults. Although there is science behind the ingredients, BarleyLife® Xtra is made of real, whole foods. It helps nutrition become less of a science and more of a delicious way to get food into you.

BarleyLife® Xtra is a fruity-tasting green drink made from barley grass juice powder, plus 15 fruits and vegetables. It provides a broad spectrum of naturally occurring nutrients, including 5 g of BarleyLife® and 30 mg of vitamin C in a single 6 g serving. **Vitamin C** is a critical nutrient during childhood since it promotes the healing of cuts, scrapes and wounds, and helps keep bones, teeth and gums healthy.

The green goodness and the fruits and vegetables in BarleyLife® Xtra increase energy, support healthy immunity, and provide the many well-known benefits of food-sourced nutrients. Its protein and natural electrolyte content make BarleyLife® Xtra the ideal sports drink for active children and adults as it assists with muscle repair after exercise. BarleyLife® Xtra delivers five key electrolytes—sodium, potassium, calcium, magnesium, and phosphorus—in the balance that nature intended for more rapid and efficient use by our bodies.

**Fresh and naturally sweet:** The delicious cherry-apple flavour tastes fresh and naturally sweet, with no added sugar or artificial sweeteners. The 1.5 grams of sugar in one serving of BarleyLife® Xtra come from the naturally occurring sugars found



## Key Benefits & Features

- Helps maintain whole body health
- Promotes a healthy immune system
- Provides increased energy
- Excellent source of vitamin C
- Rich in enzymes, vitamins, minerals, chlorophyll, protein, amino acids and phytochemicals
- Delicious cherry-apple flavour loved by adults and children
- Pure concentrated barley juice (not milled grass) plus 15 fruits and vegetables
- 1 serving = 2-3 servings of fruits and vegetables
- Each 6 g serving contains 5 g of AIM BarleyLife®
- Vegan-friendly
- Free of pesticides, herbicides or chemicals
- No artificial sweeteners, colourings or preservatives
- Available in 300 g canister or Xpress pax (30 single servings)

in barley grass juice, and the other fruits and vegetables in the formula. These sugars include glucose, fructose, and maltose.

**Tasty and nutritious:** From age 7 to 10, a child's energy needs increase, and both boys and girls experience a significant growth spurt. They require more nutrients than at practically any other time during their lives to encourage bone growth and build healthy body tissue. Some parents worry that their children are not eating as well as they should, or that picky eating habits leave out important nutrients. BarleyLife® Xtra is an appealing and tasty way to bring good nutrition to your children while also avoiding mealtime arguments about what is healthy and acceptable to eat.

## Nutrients in AIM BarleyLife® Xtra

**Juice powder of young barley plants** – A concentrated juice powder from green barley grass. This powerful alkalizer contains abundant antioxidants and enzymes, as well as bioavailable vitamins, minerals, phytochemicals, protein, amino acids, and chlorophyll. For full details, see the BarleyLife® datasheet.

**Apple juice solids** – Apples have long been used to help ease indigestion and normalize bowel function and elimination. Apples contain pectin, which stimulates peristaltic activity and helps get rid of toxins.

**Acerola cherry** – This tropical fruit is one of the best natural sources of vitamin C – very different from supplementing with ascorbic acid. This extract is standardized to 17% vitamin C in its natural form.

**Cherry** – A traditional remedy for gout and arthritis, cherries help eliminate excess body acids. Cherries are a whole food source of beta-carotene, potassium, calcium and other minerals.

**Raspberry** – This tart-sweet summer berry is thought to help enrich the blood. Raspberries are rich in calcium, potassium, beta-carotene, vitamin C, and other minerals and vitamins.

**Grape** – Purple concord grapes are added for their antioxidant properties from polyphenols, resveratrol, and proanthocyanidins.

**Cranberry** – Cranberries, which are rich in proanthocyanidins, flavonoids, and other antioxidants, help treat and prevent urinary tract infections. Their antibacterial activity may be beneficial for peptic ulcers and to prevent gum disease and dental cavities.

**Strawberry** – This luscious berry offers calcium and vitamin C, plus all of its other naturally occurring nutrients. Strawberries are mildly diuretic and may help improve appetite – often important for children and the elderly.

**Pineapple** – Pineapples are a natural source of an anti-inflammatory enzyme called bromelain, which helps the digestion of proteins. This tropical fruit also acts as a mild diuretic, and may be helpful for edema and diarrhea.

**Lemon** – Lemons are powerful antiseptic cleansers and can destroy bacteria in the mouth and intestines. High in vitamin C, lemons are an abundant source of citric acid, a natural preservative, and pH adjuster that is involved in energy production at the cellular level.

**Lime** – Similar to lemons (with slightly less citric acid), limes were the original scurvy-preventing fruit due to their vitamin C content.

**Orange** – Oranges contain vitamin C in its natural form, surrounded by bioflavonoids (excellent for the health of the gums). Perhaps surprisingly, oranges are also rich in calcium and potassium.

**Broccoli** – A cruciferous vegetable in the cabbage family (popular for its anti-cancer properties), broccoli contains more vitamin C than citrus, and is very rich in beta carotene, calcium, potassium, and chlorophyll.

**Tomato** – This fruit contains antioxidant carotenoids, which help protect our cells from oxygen damage. Although acidic, raw tomatoes have an alkalizing effect on the body.

**Carrot** – One of the best sources of beta-carotene, carrots are a popular food for healthy eyesight. They help with elimination and indigestion. Due to their mineral content, carrots may also strengthen bones and connective tissues.

**Kale** – Kale is an ancient member of the cabbage family, offering the anti-cancer benefits of all cruciferous vegetables. With the goodness of leafy greens, kale is an exceptional source of chlorophyll, calcium, and beta-carotene.

**Brown rice** – Brown rice is an excellent way of adding vitamin B complex to your diet. The B vitamins are essential for mood, memory, and proper functioning of the nervous system.

**Kelp** – A mineral-rich sea vegetable, kelp is a natural source of iodine, which promotes healthy thyroid function for optimal energy and metabolism.

**Maltodextrin** – protects the enzymes and other molecules from each other so they do not react and become denatured (lose their healthful qualities). AIM uses corn-sourced maltodextrin that tests negative for GMO markers and does not cause a steep rise or fall of blood sugar. **Lo Han Guo extract** – this member of the melon family has been safely used for centuries as a natural sweetener; its very low glycemic index does not cause blood sugar problems. Lo Han contains mogrosides, compounds that are 300 times sweeter than sucrose. **Natural cream, apple and cherry flavours** – the natural flavours in AIM BarleyLife® Xtra are dairy-free, vegan-friendly combinations of naturally derived ingredients that are plant-based in origin. **Malic acid** – an alpha-hydroxy or fruit acid usually derived from apples. Malic acid participates in cellular energy production, inhibits growth of disease-causing bacteria in the digestive tract, and may be beneficial for fibromyalgia pain. **Guar gum** – a fibrous polysaccharide derived from a legume and used as a natural thickening agent. **Fructo-oligosaccharides (FOS)**, which is derived from chicory, is a slightly sweet-tasting (yet non-caloric) carbohydrate that acts as food for the healthy bacteria in the intestinal tract.

**Daily serving:** Mix 6 g (2 tsp) of BarleyLife® Xtra with 180-300 ml of water or juice. Take 2 to 3 times per day. Best taken on an empty stomach. With the possibility of experiencing detoxification symptoms (fatigue, rashes, or headaches), some people start with half a serving (1 tsp) and gradually build up to the suggested serving.

*Give yourself a solid foundation for your health by adding AIMega® NPN 80006364, AIM Herbal FiberBlend® or AIM FibreBalance®. Another option is the AIM Garden Trio®: AIM BarleyLife®, AIM Just Carrot®, and AIM RediBeets®. To monitor your pH, use the AIM pH Test Kit.*

*Ask about: AIM BarleyLife® Nutrition that Works (DVD) and AIM BarleyLife®: Impacting Four Generations (CD and DVD).*

*Distributed by:*

