



BarleyLife®

AIM BarleyLife® is a whole food concentrate made from green barley juice, providing vitamins, minerals, enzymes, antioxidants, phytochemicals, protein, amino acids, and chlorophyll. BarleyLife's rich source of nutrients helps to maintain whole body health.

Real food for real nutrition: In today's fast food and pill-popping lifestyle, we often forget that our bodies are designed to get energy and nutrients from *whole foods*, as presented to us by Mother Nature. If you already feel good, or if you want to help your body heal itself of some ailment, nutrition is the place to start so that you can feel better than you ever imagined. Green barley grass juice is an ideal food to enhance your nutritional status. As a live, whole food concentrate, the green barley juice in BarleyLife® contains a broad spectrum of nutrients with no synthetic chemicals. Your body will use these nutrients to: create energy; build and repair itself; balance the pH of body fluids; strengthen and detoxify at a cellular level; and deal with stressors. Green barley grass also has the ability to counteract inflammation and regulate immune response, giving it great potential for autoimmune disorders such as rheumatoid arthritis. BarleyLife® is recommended by personal trainers as the ultimate natural sports drink to help eliminate lactic acid build-up during workouts and help people reach a healthy weight. The vibrancy that comes from drinking BarleyLife® has even led people to stop drinking coffee and other stimulants.

One of the most fundamental benefits of barley grass juice is its profound alkalizing effect. Disease can only survive in an acidic environment, so it is important to maintain a steady pH (acid-alkaline) balance of your body fluids. Eating processed and refined foods (among other factors) creates an



Key Benefits & Features

- Helps maintain whole body health
- Promotes a healthy immune system
- Provides increased energy
- Natural spectrum of nutrients: vitamins, minerals, antioxidants, protein and amino acids
- Supplies live enzymes
- Naturally rich in chlorophyll
- Pure concentrated juice (not milled grass)
- Combined with brown rice and kelp (also available in No Kelp formula)
- Neutral pH of 7.0
- 27 years of safe and beneficial use by AIM Members
- Free of preservatives, pesticides, herbicides, or chemicals
- Holistic approach to crop management
- Grown in a clean, green, pristine environment
- Benefits of juicing without the inconvenience

Give yourself a solid foundation for good health, with the AIM Garden Trio®: AIM BarleyLife®, AIM Just Carrots®, and AIM RediBeets®, plus AIMega® & AIM Herbal FiberBlend® or AIM FibreBalance®. 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).

acidic environment in your body, which can signify a lower pH level. Barley grass juice has a neutral pH of 7.0, and contains alkaline minerals that buffer or neutralize acidic materials. In this way, BarleyLife®, when taken every day, helps your cells to function optimally.

Barley grass is considered by many to be the most nutritional of the green grasses. The synergistic combination of enzymes, nutrients, chlorophyll, antioxidants and other phytochemicals brings vitality to the plant and to those who consume it. That cannot be found in a multivitamin pill. The plant houses these nutrients and co-factors in a form that is ready for humans to break down and utilize. You *are* what you eat: once food breaks down inside you, it makes up the very cells that your body is made of. If you want to be strong and healthy, then choose powerful foods.

Nutrients in AIM BarleyLife®

The juice powder of BarleyLife® is as close to the natural state of young green barley leaves as possible. Because the nutrients are in natural proportions, your body will know what to do with them. Due to the severe depletion of nutrients in the soil that most of our food is grown in, it is wise to make sure you get some potent, real food nutrients each and every day. BarleyLife® is your insurance policy for vitality and zest, with only 18 calories per 5 g serving.

One serving 5 g (2 teaspoons) of BarleyLife® gives you about the same nutrient content of one or two servings of vegetables (depending on the vegetable). **Gram-for-gram, BarleyLife® is far more nutritious.**

Vitamins

BarleyLife® is a powerhouse of vitamins, including the carotenoid **beta-carotene** (or pro-vitamin A), which is converted into vitamin A without danger of overdose or toxicity. In the vitamin A family, beta-carotene is the most efficient of the carotenoids for conversion to vitamin A in the body. The body then uses the vitamin A for eyesight, immune function, red blood cell production, reproduction, and healthy skin, hair, and mucous membranes (in the mouth, nose, lungs and throat). Vitamin A is also an important antioxidant known to protect cells. It is implicated in cardiovascular health and is believed to have anti-cancer benefits.

BarleyLife® also supplies **B-complex (B₁, B₂ (riboflavin), B₃ (niacin), B₅ (pantothenic acid), B₆, B₉ (folic acid), and B₁₂) vitamins.**

Folate is a water-soluble B vitamin that occurs naturally in food. Folic acid is a form of folate that is found in some foods and also in supplements such as BarleyLife®. Folic acid helps produce and maintain new cells. This is especially important during periods of rapid cell division and growth such as infancy and pregnancy. It is needed to make deoxyribonucleic acid (DNA) and ribonucleic acid (RNA), which are the building blocks of cells. Research has shown that women who take folic acid before

and during pregnancy have a 70 percent reduction in incidents of spina bifida and other neural tube defects. Folic acid also helps prevent changes to DNA that may lead to cancer. Both adults and children need folate to make normal red blood cells and prevent anemia.

BarleyLife® is a potent source of **vitamin K** and contains 100 percent of the Daily Value intake. It is often called the “band-aid vitamin” because it is needed for proper blood clotting. Studies have also shown that vitamin K is positively involved in maintaining healthy bone density and can help protect against osteoporosis.

Minerals

Plants that grow in the ground are perfect mineral factories because they take up minerals from the soil and convert them to small, water-soluble minerals that we can absorb and utilize. The human body finds plant-sourced minerals – and all other naturally occurring nutrients – to be more bioavailable than laboratory-made supplements.

Minerals provide structural materials for the bones and connective tissues. They also permit electrical impulses to move along nerve pathways. If our mineral supply is deficient, we feel tired and anxious, our immune systems do not work well, and irritability and depression may haunt us. BarleyLife® is the natural way to make sure your diet gives you the mineral base you need, including boron, calcium, chromium, cobalt, copper, iron, magnesium, manganese, molybdenum, nickel, potassium, phosphorus, and zinc.

Protein and Amino Acids

BarleyLife® contains more than 15 percent dietary protein. The building blocks of protein are amino acids. As part of the major constituents of every cell and body fluid, they are necessary for continual cell building and regeneration. BarleyLife® supplies 18 amino acids (including the 8 essential amino acids that your body cannot make): alanine, arginine, aspartic acid, cystine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, and valine.

Enzymes

Even with vitamins and minerals present, nothing happens without enzymes: they are the catalysts that trigger thousands of chemical reactions in the body. Today's diet of cooked and processed foods is severely lacking in enzymes. Enzymes are involved in cellular energy production, digestion, and nutrient absorption. They also support anti-inflammatory activity throughout the body. BarleyLife® provides your body with the natural, enzymatic vibrancy of barley grass.

Chlorophyll

An obvious ingredient in green barley grass is chlorophyll; the lifeblood of the plant gives these young leaves their green colour. Chlorophyll is a potent antioxidant that helps rid your body of harmful toxins while purifying and cleansing the blood, tissues and cells, and has also been found to reduce body odour. It has anti-inflammatory properties, and helps heal wounds and stimulate tissue growth. Chlorophyll also promotes oxygen supply by stimulating red blood cells. According to the *Journal of the National Cancer Institute* (January 4, 1995), chlorophyll fed to laboratory animals reduces the absorption of three



dietary carcinogens: those found in cooked muscle meats and in smoked and barbecued foods, as well as aflatoxin (a mold on peanuts).

Antioxidants

Antioxidants are the body's defence against an overabundance of dangerous free radicals caused by dietary and environmental stressors. By disarming free radicals, antioxidants enable cells to function properly, helping the body stay strong, healthy and free of disease. Green barley grass contains a plethora of antioxidants – the perfect design because each antioxidant targets only certain free radicals, so you need a wide range of different antioxidants to make sure you are well covered. Diabetics in particular may want to up their antioxidant intake, as the Canadian Diabetes Association has recognized that diabetics have reduced antioxidant capacity.

The green barley grass juice in BarleyLife® contains several known antioxidants: **vitamins A, and K, zinc**, the essential amino acid **methionine**, and **chlorophyll**. Two other very powerful antioxidants in BarleyLife® are the flavones **lutonarin** (7-O-GIO) and **saponarin** (7-O-GIV). Lutonarin is the superior antioxidant of the two and is found in high concentrations in BarleyLife®. Additionally, research in New Zealand has shown that the lutonarin and saponarin content in barley grass increases with UV exposure. This indicates they may provide antioxidant protection against environmental stresses.

Phytochemicals

Phytochemicals are protective, disease-preventing plant chemicals that have been associated with the prevention and/or treatment of at least four of the leading causes of death: cancer, diabetes, cardiovascular disease and hypertension. Phytochemicals are involved in many chemical processes, including ones that help decrease cholesterol levels as well as prevent cell damage and cancer cell replication. More than 900 different phytochemicals have been identified as naturally present in food. Due to its careful processing, BarleyLife® – a whole food concentrate – contains the phytochemicals that the green barley grass had while it was still growing in the earth.

From the fields of barley to you

AIM BarleyLife® undergoes quality testing at every step of harvesting and manufacturing, with samples tested every 60 minutes to verify moisture, taste and colour levels.

1. When the young barley grass is most potent and alive, it is harvested with state-of-the-art equipment, and transported to the processing plant within 15 minutes.
2. The grass is put into a macerator to create a pulp so that the maximum amount of juice can be extracted.
3. After juicing, the juice is immediately chilled to just above freezing. This stabilizes it to avoid any potential breakdown of nutrients or enzymes.
4. Using the most advanced evaporators and gentle spray dryers, the barley grass juice is vacuum-concentrated and dried into powder at a low temperature to preserve the delicate balance of nutrients and phytochemicals. The resulting moisture is less than 5%, making for a stable juice powder with a natural shelf life – no preservatives required.

Finally, AIM verifies the results with third-party laboratories, and further testing is conducted for nutrient levels, including protein and chlorophyll. This ensures that strict quality control and the greatest purity are achieved with each and every crop.



Young barley grass – a powerhouse of nutrients

The barley grain is hearty fare (like in soup or bread), but the barley plant is actually at its height of nutrition when it is still a young blade of grass, before it channels its energy upward to encourage the grain to grow. BarleyLife® is made from young grass grown in a clean, pristine environment – without pesticides, herbicides, fungicides or chemicals. Unlike many commercial crops, AIM's barley grass crops are cut only once, when the intrinsic nutrient density is at its highest. AIM embraces a holistic approach to crop management. The crops are staggered so that each field is harvested when the plants are positively bursting with nutrition, and the press cake (fibre) from the barley grass is composted back into the fields after juicing. Crops are also rotated (with alfalfa) so the soil stays rich in natural nitrogen.

Meet the AIM BarleyLife® family



BarleyLife® has four family members. **BarleyLife® traditional powder** contains brown rice and kelp and is fresh-tasting and dissolves easily in water or juice; choose the economical **300 g** size or the convenient Xpress pax. **BarleyLife® Xpress pax** comes in a resealable pouch of 30 convenient single servings – perfect for putting in a water bottle when you are on the go. It is an easy way to share BarleyLife® with other people. Another convenient choice is **BarleyLife® capsules** (280 caps), ideal for people who have not yet come to crave the green taste of BarleyLife®. The vegetarian capsules are easy to swallow and dissolve quickly for fast assimilation. **BarleyLife® No Kelp** is available for those who choose to avoid kelp (perhaps due to a doctor's recommendation for an overactive thyroid condition). You may also like to get to know **BarleyLife® Xtra**; for more information about this close relation, please refer to the BarleyLife® Xtra data sheet.

Ingredients: (per two teaspoons 5 g)

Barley grass (*Hordeum vulgare*) juice powder

Humans are not equipped with the enzymes to break down the fibre in the barley grass and release the nutrients. AIM's juicing process dissolves the nutrients so they are ready for absorption into your bloodstream. AIM's barley grass juice concentrate gives you more bioavailable nutrients than you would get even if you ate green vegetables all day, making this an easy way to enhance your nutritional status.

Brown rice (*Oryza sativa*) powder

A natural addition to a true whole food such as green barley grass juice, brown rice is an excellent means to add B-complex vitamins, and real-food energy to your diet.

Kelp (*Ascophylum nodosum*) powder

Kelp is an edible seaweed that is rich in minerals. Its natural iodine content helps promote healthy thyroid function for optimal energy and metabolism. Kelp has a soothing and cleansing effect on the digestive system, and contributes toward nutrient absorption.

Maltodextrin

Maltodextrin is a water-soluble complex carbohydrate that protects the enzymes and other molecules from each other so they do not react and become denatured (lose their healthful properties). This stabilizes the nutrients in a totally natural manner and contributes to the shelf life of BarleyLife®. This particular maltodextrin is derived from corn, and has been tested free of GMO markers. It has a lower dextrose equivalent than other maltodextrins, with a DE of only 10 (compared to pure dextrose, which has a DE value of 100). Therefore, it does not cause a steep rise or fall of blood sugar.

Daily serving: Mix 2 tsp (5 g) of powder, or take 8 capsules, with 200 mL of cold water or juice.

Mixing instructions: The nutrients in BarleyLife® become activated as soon as they touch liquid, so drink it immediately after mixing it in water or your favourite juice. You may find it easiest to blend using the Power Shaker or battery-powered Hand Blender. Heat and acidity affect enzymatic activity, so do not take BarleyLife® with cranberry or prune juice, carbonated beverages, or hot drinks.

BarleyLife® is best taken on an empty stomach, 30 minutes before or 2 hours after a meal. Keep it at room temperature (20-24°C), not in the refrigerator, and be sure to use only clean, dry spoons in the jar. To receive the greatest absorption of nutrients, take AIM Herbal FiberBlend® or AIM FibreBalance® 1 hour before or 30 minutes after taking BarleyLife®.

Note: When you make a positive change in your diet, your body may go through a normal detoxification phase. You may experience fatigue, rashes, and headaches as your body flushes out toxins. Many people start with half a serving and gradually increase it every 4 to 5 days, building up to 2 to 3 servings per day. For more information, see AIM's Detoxification data sheet.

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