

## Barley grass powder

Barley grass is said to be a complete food and contains glucan which is similar to oat bran which is believed to help reduce cholesterol. It is used as an antioxidant and as a detoxifier. It is said to help with dieting, boost energy and generally promote good health. It is high in Chlorophylls, B vitamins, vitamin C, amino acids, calcium & iron, carbohydrates & fibre. Some users say barley grass is easier to tolerate than wheatgrass.

Cyte Essentials barley grass is 100% pure leaf powder without any additives.

### Typical Barley Grass Powder Analysis

Test item	Specifications	Result
Appearance	Fresh green colour powder	Conforms
Odour	Unique barley grass scent	Conforms
Mesh size	200 mesh	Conforms
Loss on drying	6.00%	5.12%
Cellulose	25.00% min	25.00%
Protein	20.00% min	28.70%
Pathogenic bacteria	Negative	Negative

Origin: China

Suggested dose: It is best to introduce wheatgrass to your diet slowly starting with a quarter of a teaspoon each daily gradually increasing the dose to one teaspoon per day. It is advisable when you start using barley grass to take extra water as this will help the body absorb it.

Application: Can be taken on its own, mixed with other food such as soups, spooned into yoghurt or in smoothies and health shake drinks.

Pack sizes available: 250 gms packed in resealable foil pouch  
500 gms packed in resealable foil pouch  
1 kg packed in resealable foil pouches

Storage: Store in cool dry place in sealed container away from light

#### Disclaimer

Cyte Essentials accepts no responsibility for its accuracy nor do we accept responsibility for the use or effects of any product. If you have a condition that requires medical care consult a qualified physician. Inform your doctor before taking any herbal supplements if you are already taking prescribed medicines.