BARLEY GRASS

WholisticMatters®

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

Saponarin[2]
Lutonarin[2]

Flavones

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

Luteolin[3]   **Vitexin**[3]
Cynaroside[3]   **Isovitexin**[3]
Orientin[3]   **Luteolin-3-7-**
Isoorientin[3]   **di-glucoside**[3]

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
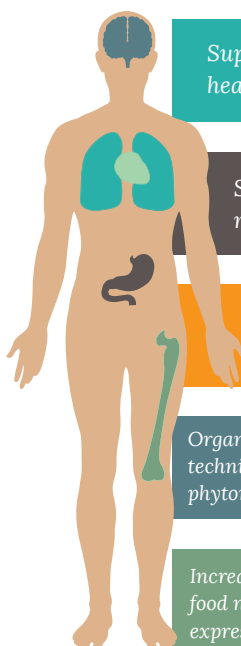
Ferulic Acid[3]
Chlorogenic Acid[3]

Fiber

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

Arabinoxylan[4]

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.
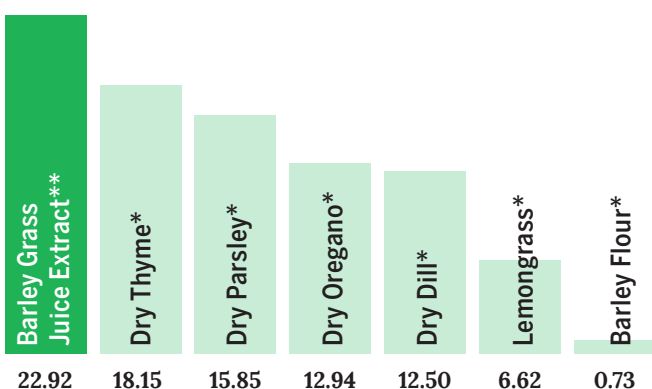
Gallic Acid Equivalence

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)

Barley Grass Juice Extract**	Dry Thyme*	Dry Parsley*	Dry Oregano*	Dry Dill*	Lemongrass*	Barley Flour*
22.92	18.15	15.85	12.94	12.50	6.62	0.73

* Data is mean values from Phenol-Explorer Database[1]
** 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 (Vitamin B2)
Water-soluble vitamin vital for energy production, cell function, metabolism, and growth/development.
13%

Biotin (Vitamin B7)
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

WholisticMatters®

We are dedicated to advancing the latest insights and information available in nutrition therapy and clinical nutrition and to presenting only the most balanced, credible, and reliable clinical nutrition and science available.

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References

1. Rothwell, J.A., et al., Phenol-Explorer 3.0: a major update of the Phenol-Explorer database to incorporate data on the effects of food processing on polyphenol content. Database, 2013. 2013: p. bat070-bat070.
2. Kim, H., H.-D. Hong, and K.-S. Shin, Structure elucidation of an immunostimulatory arabinoxylan-type polysaccharide prepared from young barley leaves (Hordeum vulgare L.). Carbohydrate polymers, 2017. 157: p. 282-293.
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