

WHY TAKE BARLEY GRASS?

In today's fast paced world of over-refined, processed foods, we may find it difficult to eat what's best for us. This is particularly true when it comes to fresh, green vegetables essential in our diet for the supply of vitamins, minerals, trace elements, enzymes, fibre and special nutrients like chlorophyll. Synergy Barley Grass contains a wide range of highly bioavailable nutrients, balanced by Nature, that are absorbed more effectively than those found in synthetic formulations, making it ideal to include in a balanced diet and healthy lifestyle.

Weight for weight, Synergy Barley Grass leaf powder contains:

- 500% more iron than spinach
 - 200% the fibre of bran
 - 27% protein (more than meat, fish, eggs or dairy)
 - Numerous antioxidants including a generous supply of betacarotene
 - A rich supply of chlorophyll, a naturally occurring inner cleanser
- and is a highly alkalising food which can help counter the over-acidity of many processed foods.

INGREDIENTS

100% pure, certified organic whole leaf Barley Grass powder (*Hordeum vulgare*). No additives, fillers, colours or preservatives. Synergy Barley Grass is grown outdoors in an environmentally clean area of Australia. Young, vigorously growing leaves are harvested at their nutritional peak and dried within 30 minutes of harvesting at body temperature to ensure maximum nutrient potency. The leaf is milled into powder using compressed air thereby avoiding the high temperatures generated by conventional grinding methods. The whole leaf is processed to maintain the integrity of all the naturally occurring ingredients.

SUGGESTED USAGE

Consumption can vary with activity levels, state of health and age. As Synergy Barley Grass is a pure, natural whole food, there is no hard and fast rule on how much you should consume.

Start with 1-2 heaped teaspoons (5-10 grams) per day, then adjust according to requirements. Higher levels may be taken by those who are following a deep cleansing and detoxification regime. Food sensitive people should introduce Barley Grass gradually. May be taken with food or stirred into water, juice or another favourite beverage. Children: ½ the adult amount.