

Whole body health is achieved when all body systems are in balance. No single body system is targeted. The result - total wellness waking up every day feeling great! AIM BarleyLife is an all-natural, green barley grass juice powder concentrate that helps provide the daily nutrition needed to develop a strong foundation for good health.

Barley grass

Barley grass is considered the most nutritional of the green grasses. It contains a wide spectrum of vitamins, minerals, amino acids (including the eight essential ones we must get from our diets) proteins, enzymes, chlorophyll and phytochemicals. Research shows that green barley extract has antioxidant activity that supports the immune system.

AIM BarleyLife

AIM BarleyLife is a powerful whole food concentrate that captures all the natural nutrients found in green barley grass. AIM BarleyLife is produced in the clean, green, pristine lands of New Zealand and Canada where the soil, water and air are richer and purer than many places in the world.

Benefits and Features of AIM BarleyLife

Benefits

- Provides increased energy
- Helps maintain whole body health
- Helps maintain a healthy immune system
- Alkalising effect for pH balance
- Unique and powerful plant antioxidants
- Brown rice and kelp for additional vitamins and minerals
- Complete amino acid profile
- Live enzymes, including superoxide dismutase (SOD)
- Natural chlorophyll
- A juice concentrate without the inconvenience of juicing

Features

- Building on 20 years of use by AIM Members
- Stands behind more than 25 years of research
- Holistic approach to crop management
- Pure juice, not milled grass; minimal fibre present
- Crops only cut once
- Nutrients in natural proportions
- Available in powder and fast absorbing vegetable capsules

Benefits of Amino acids and Proteins

Amino acids are the building blocks of proteins, which are the major constituents of every cell and body fluid, and are thus necessary for:

- Cell regeneration
- Continual cell building
- The energy production needed for life

Green barley leaf proteins can be directly absorbed by the blood where they promote cell metabolism (the chemical changes we need to live).



Benefits of Enzymes

Green barley leaves contain a multitude of enzymes. Enzymes are essential for:

- Production of energy at the cellular level
- Facilitation of digestion
- Rebuilding and replenishing of all that the body requires for metabolism to occur
- Absorption of digested nutrients

The enzyme superoxide dismutase (SOD) is a powerful antioxidant thought to slow the rate of cell destruction by providing a defense against free radicals, especially the most prolific free radical, superoxide. In addition it is believed to help the body use zinc, copper and manganese more effectively.

SOD is heat sensitive, and is therefore thought to be the yardstick for measuring overall enzymatic activity. If SOD is present in an active state, it can be concluded that the other enzymes in the food are also present in an active state.

Benefits of Chlorophyll

Chlorophyll has been studied for:

- Stimulating tissue growth
- Stimulating red blood cells in connection with oxygen supply
- Its potential as a deodorant

Chlorophyll removes carbon dioxide and carbon monoxide, the by-products of respiration and pollution, and has been found to reduce fecal, urinary, and body odor in geriatric patients.

Benefits of Antioxidants

Green barley grass contains unique and powerful plant antioxidants, including lutonarin and saponarin. According to scientists, lutonarin is the superior antioxidant.



AIM BarleyLife Nutritional Profile*

| Basic Nutritional Markers | Per 100 g | Per 5 g |
|---------------------------|-----------|------------|
| Calories | 339 Kcal | 16.95 Kcal |
| Calories from Fat | 25 Kcal | 1.25 Kcal |
| Total Fat | 2.15 % | 0.1075 g |
| Sodium | 343 mg | 17.15 mg |
| Total Carbohydrates | 54.15 % | 2.7075 g |
| Total Dietary Fibre | 4.1 % | 0.205 g |
| Total Sugar | 15.9 % | 0.795 g |
| Potassium | 4,280 mg | 214 mg |
| Protein** | 29.6 % | 1.48 g |
| Moisture | 4.8 % | 0.24 g |
| Ash | 9.3 % | 0.465 g |

Vitamins

| | | |
|---------------------------|-----------|-----------|
| Vitamin A (Beta Carotene) | 27,400 IU | 1,370 IU |
| Vitamin B1 (Thiamin) | 0.80 mg | 0.04 mg |
| Vitamin B2 (Riboflavin) | 1.79 mg | 0.0895 mg |
| Vitamin B6 | 1.27 mg | 0.0635 mg |
| Vitamin B12 | 0.77 mg | 0.0385 mg |
| Folic Acid | 106 mcg | 5.3 mcg |
| Niacin | 8.59 mg | 0.4295 mg |
| Pantothenic Acid | 2.20 mg | 0.11 mg |
| Vitamin C | 27.80 mg | 1.39 mg |
| Vitamin E | 10.10 IU | 0.505 IU |

Minerals

| | | |
|------------|------------|-----------|
| Calcium | 905 mg | 45.25 mg |
| Chromium | 220 mcg/kg | 1.1 mcg |
| Copper | 0.51 mg | 0.0255 mg |
| Iodine | 4.40 mg/kg | 22 mcg |
| Iron | 14.90 mg | 0.745 mg |
| Magnesium | 220 mg | 11 mg |
| Manganese | 3.19 mg | 0.1595 mg |
| Molybdenum | 0.03 mg | 0.0015 mg |
| Phosphorus | 414 mg | 20.7 mg |
| Zinc | 2.27 mg | 0.1135 mg |

Enzymes

| | | |
|----------------------------------|-----------|-----------|
| Superoxide Dismutase (SOD) | 1,060 U/g | 53 U |
| Peroxidase/Catalase | 227 U/g | 11.35 U |
| Alpha Mannosidase | 0.501 U/g | 0.02505 U |
| Beta Glucosidase | 0.89 U/g | 0.0445 U |
| Acid Phosphatase | 107 U/g | 0.5 U |
| Polyphenol Oxidase | 330 U/g | 16.5 U |
| Antioxidant Potential Activity † | 123 | NA |

Antioxidants

| | | |
|---------------------|---------|----------|
| Lutonarin (7-O-GIO) | 4.62 mg | 0.231 mg |
| Saponarin (7-O-GIV) | 1.26 mg | 0.063 mg |
| Chlorophyll | 855 mg | 42.75 mg |

*Determined by independent analysis. Figures vary with each crop.

**See amino acids profile on this page.

†Percent antioxidant extractives x induction time.

Benefits of Phytochemicals

Phytochemicals are plant chemicals that are thought to be essential to health. They have been associated with the prevention and/or treatment of at least four of the leading causes of death.

How to use AIM BarleyLife

- Take 1 tablespoon or 6 capsules (5g) 2 times per day. Many start with 1 teaspoon or 1 to 2 capsules (1.5g) per day and gradually increase serving every 4 to 5 days. You may need to take more or less depending on your needs.
- Young children begin with a quarter of a teaspoon of powder per day and gradually increase to 1 teaspoon or 1 to 2 capsules (1.5g) per day.
- Teens often increase their servings up to 2 tablespoons or 12 capsules (10g) per day. However, they may take more or less depending on their needs.
- Athletes and others dealing with large amounts of stress often take larger amounts, sometimes as many as 6 tablespoons or 36 capsules (30g) per day.
- Since mixing AIM BarleyLife powder activates the nutrients, drink immediately after mixing in water or any juice other than cranberry or prune.
- Because heat and acidity can affect enzymatic activity it is also recommended AIM BarleyLife not be taken mixed with carbonated or hot drinks.
- AIM BarleyLife delivers the greatest benefits when taken on an empty stomach, 30 minutes before or 2 hours after a meal. However there are benefits no matter when AIM BarleyLife is taken.
- You may take AIM BarleyLife with other AIM products. To receive the greatest absorption of nutrients, take AIM Herbal Fiberblend® 1 hour before, or 30 minutes after taking AIM BarleyLife.

Storage

Close container tightly after opening and store in a cool, dry, dark place. Do not refrigerate. Do not use wet spoons or store spoons in the container.

If you have any questions about AIM BarleyLife, or would like suggested reading material, please email AIM Australia at aimaustralia@aimintl.com

Distributed by:

Amino Acids Profile*

AIM BarleyLife

| | |
|---------------|-------|
| Alanine | 2.016 |
| Arginine | 2.250 |
| Aspartic acid | 3.438 |
| Glutamic acid | 3.640 |
| Glycine | 1.739 |
| Histidine | 0.659 |
| Isoleucine | 1.482 |
| Leucine | 2.707 |
| Lysine | 1.352 |
| Methionine | 0.511 |
| Phenylalanine | 1.857 |
| Proline | 1.617 |
| Serine | 1.510 |
| Threonine | 1.726 |
| Tyrosine | 1.205 |
| Valine | 1.891 |
| Totals | 29.6 |

*Figures vary with each crop.
Figures are percentages.