



ORGANIC ACTIVATED BARLEY

Germinated Heirloom Grain



ORGANIC



NON-GMO



VEGAN



SOY-FREE



DAIRY-FREE



Enzymes & Beta Glucans

Pure Planet's Activated Barley™ is a unique, complex carbohydrate from pre-sprouted grain that is digested slowly, providing energy and endurance for hours. It is a great source of beta-glucan and makes a great addition to any green drink.

- May support healthy immune function
- Can help increase endurance and stamina
- Great when taken prior to exercise or activity
- Can help promote healthy cholesterol levels and cardiovascular function
- Contains only slow-burning carbohydrates that deliver energy for 2-3 hours

SUGGESTED USE: Mix one rounded tbsp. (10g) with 6-8 oz of your favorite juice, milk, smoothie, or green drink. Shake or mix well and enjoy.

Nutrition Facts

Serv. Size: 1 tbsp (10g)

	Amount Per Serv.	%DV*
Calories	35	
Total Fat	0g	0%
Sodium	0g	0%
Total Carbohydrate	7g	2%
Dietary Fiber	2g	8%
Protein	1g	
Vitamin A	0%	Iron 2%

INGREDIENTS: Organically grown activated barley powder.

Contains Gluten



PRODUCT	SIZE	ITEM	SKU	CASE	WHOLESALE	MSRP
Organic Activated Barley	280g / 28 Servings	87020	091401870200	12	15.17	25.28



Pure Planet's Activated Barley is a germinated barley grain that is considered a slow-burning, complex carbohydrate. It is an amazing energy supporter and an immune system supporting food.

Why we offer Activated Barley: Pure Planet offers Activated Barley because it has a highly concentrated nutritional profile and 400% more energy potential than non-germinated barley, as well as exceptionally high beta-glucan content for greater effectiveness in maintaining healthy cholesterol levels.

Interesting Facts: Activating barley is a process that is superior to sprouting because it maintains more of the initial burst of life energy created during germination. Germinating creates an abundance of the master antioxidant enzyme Superoxide Dismutase (SOD). The process creates a beta glucan gel known as "The Cholesterol Magnet," which is also found in oatmeal and other gelatinous grains.

History: The Greeks and Romans first created activated barley to save the lives of babies whose mothers died giving birth - it was the original baby food. It was equally as effective for the elderly who had lost their teeth and were unable to chew their food; making it the first senior food, as well. Ultimately it became the food of the Roman army which is famous for having the fastest moving foot soldiers in history. It was valued for its ability to enhance supreme endurance, strength, and recovery.

Activated barley became the required food of gladiators and they were known as "hordearii," or "barley men."

Potential Benefits:

Because Activated Barley is the slowest burning carbohydrate ever discovered, it is effective at helping to stabilize blood glucose levels and provides long term energy and endurance. Its beta glucan content helps maintain healthy cholesterol levels while its antioxidant enzymes beautify skin and reduce age spots. It is effective in controlling appetite, and athletes find it excellent in preparation and recovery from marathon and endurance type-events. It can be used in everything from smoothies to homemade, raw energy bars.

How it is made:

Activated Barley is created by soaking organic barley grain for 12 to 18 hours which starts the sprouting process (this stage is referred to as "germination"). It is 'activated' through a patented process that allows the grain to germinate but not sprout.

