

Are You Over-acidic?

LIFESTREAM BARLEY GRASS IS NATURE'S PREMIUM ALKALISING FOOD



- ✓ Balancing, neutralising and nourishing to the body
- ✓ Naturally alkalising food
- ✓ Contains Beta-carotene, vitamin C & E, folic acid, trace elements, B vitamins and enzymes
- ✓ High Potency - 100% Pure
- ✓ Certified Organic, G.E Free and Gluten Free



LIFESTREAM Premium Quality BARLEY GRASS is Nature's High-Nutrient Alkalising Food

Lifestream Barley Grass is a wholesome green food made from the fresh leaves of young premium quality certified organic Barley Grass plants. This natural nutrient-rich super food contains a wide variety of trace minerals, antioxidants, vitamin C & E, plant pigments, enzymes and is up to 39% pure fibre - all in a perfect 'nature-made' blend.

WHAT DOES BEING 'OVER ACIDIC' MEAN?

A typical western diet for many people consists of up to 90% acid-forming foods and drinks like white bread, sugar, takeaways, fried, processed or refined foods, tea, coffee, cigarettes and alcohol. Overeating and the increased ingestion of the typical acidic western diet are the key reasons for people becoming over-acidic. **Health and vitality is encouraged in a naturally alkaline environment.**

WHY IS THE 'ACID-ALKALINE' BALANCE IMPORTANT?

The body's acid-alkaline balance is vitally important to our overall health but is often overlooked when health problems are addressed. The human body is perpetual in a changing state between acid and alkaline. This is largely determined by the food we eat, as foods are either acid forming or alkaline-forming. However, this is not to be confused with the immediate acidity of a food. Lemons for example, are considered acid due to their citric acid content and taste but lemons, once metabolized, actually leave an alkaline residue in the body. To optimize our health and well being, the ideal balance of food and food residue in the body is 80% alkaline and 20% acidic. The human body is continually working to maintain its ideal pH level of between 7.36 and 7.42.

RESTORING THE ACID/ALKALINE BALANCE

Babies are born in a very alkaline state and over time we generally become more and more acidic. However, all is not lost - the body can regain its natural alkaline balance through eating highly alkaline foods such as green leafy vegetables, fresh seasonal fruits, pulses and nutrient-rich super foods like Lifestream Barley Grass. The key is changing the amounts and balance of the foods you eat and getting to know which foods are acid forming and which are alkaline-forming.

WE BELIEVE LIFESTREAM BARLEY GRASS IS THE FINEST QUALITY AVAILABLE ANYWHERE IN THE WORLD

These are our reasons:

1. 100% CERTIFIED ORGANIC

Lifestream Barley Grass is **independently certified organic** by Agriquality NZ. It contains no pesticides, chemicals, herbicides, synthetic additives or fillers and most importantly, the plants are not chlorine washed.

2. HIGHEST NUTRITIONAL LEVELS

One of the best 'markers' for quality with Barley Grass is the levels of chlorophyll that are left after the harvesting and processing has taken place. A high chlorophyll level dictates a premium quality product. **Lifestream Barley Grass has the richest chlorophyll levels of 20mg per 2 grams.** This shows the positive flow on effect of correct growing practices, high quality plants and gentle, natural drying processes.

3. PREMIUM QUALITY

Lifestream Barley Grass is harvested and 'flash air dried' immediately after being transferred into the drying facility. Our commitment is to ensure **the living enzymes and nutrients are not damaged or compromised.** This is your assurance of premium quality processing and handling.

4. 100% PURE WHOLE LEAF POWDER

Unlike many other barley grass products, **Lifestream Barley Grass contains no bulking agents like corn syrup solids, genetically engineered maltodextrin or rice flour.** We believe that the fibre content is an essential part of this wonderful food and so nothing has been added and no fibre has been removed. Lifestream Barley Grass is up to 39% pure fibre.

5. GLUTEN FREE

Lifestream Barley Grass is gluten free and suitable for celiacs as well as those with gluten or wheat intolerance.

6. EXCLUSIVE NUTRITIONAL ANALYSIS

We at Lifestream believe that if we supply a product then it must reach **extremely high exacting standards of quality, nutrition and purity.** This is why we have had our Lifestream Barley Grass **independently analysed and scrutinised** for nutritional levels after harvesting and processing. We only rely on analysis that has been carried out on Lifestream *High Potency* Barley Grass.

7. PEAK POTENCY HARVESTING

Lifestream Barley Grass plants are harvested at peak nutritional potency before the 'jointing' has occurred. We do this because after the 'jointing' stage, the plants start to use their abundant stores of nutrients for the development, growth and preparation of the head of grain. **Timing here is crucial for the nutritional values to be at their maximum.**

8. PURE NEW ZEALAND GROWN

Lifestream Barley Grass is **grown outside in the natural sunshine** for over 90 days in the beautiful fresh pastures of South Canterbury in the pristine South Island farmlands.

9. VEGETARIAN & G.E.FREE

All Lifestream Barley products are **vegetarian, dairy free, G.E.Free** and available in vegetarian capsules for convenience or powder to make delicious fruit smoothies.

10. THE LIFESTREAM REPUTATION - 100% UNCONDITIONALLY GUARANTEED

All Lifestream Barley Grass products have met and have exceeded our own internal checklist for quality, nutrition and purity. This is essential to us as we have an exemplary reputation internationally for supplying only **the best quality naturally grown superfoods available.**

BARLEY GRASS IS A GENTLE ALKALISING FOOD

Lifestream Barley Grass leaves an alkaline residue once digested and can help to nourish and balance your system. The nutrients contained in Lifestream Barley Grass are like those of a dark green vegetable and it is no more allergenic than spinach or lettuce. It is gluten free and can be used by coeliacs (people allergic to gluten or wheat products) and the many enzymes present like cytochrome oxidase, lipase, protease and amylase support good healthy digestive function and intestinal flora. It is also excellent for a wide variety of conditions as it contains no dairy products, animal foods or synthetic additives. Being a natural food like green vegetables, it is suitable for adults, children and pregnant women.

LIFESTREAM BARLEY GRASS SERVING SUGGESTION

Capsules: Take with water or fruit juice.
Powder: Add to juice or stir into food after cooking or just mix into water. To make a delicious fruit smoothie, add to a blender 3 cups of your favourite fruit juice, 3 rounded teaspoons of Lifestream Barley Grass powder and one banana and blend until smooth. Makes three servings.

Adults: 4 capsules or 1 rounded teaspoon daily with food, juice or water. A higher amount can be taken as desired.

Children: 2 capsules or 1/2 a generous teaspoon daily with food, juice or water.

5-15 yrs: 2 capsules or 1/2 a generous teaspoon daily with food, juice or water.

Warning: Please remember anything taken internally may interfere with essential medications. For further advice see our website or consult your health professional.



LIFESTREAM BARLEY GRASS EXCLUSIVE ANALYSIS

NUTRITIONAL INFORMATION	
Serving size: 2g (1 rounded teaspoon)	Quantity per 2g
Energy	19kj
Protein	0.6g
Fat, total	0.1g
-saturated	<0.1g
Carbohydrate	<0.1g
-sugars	<0.1g
Fibre	0.8g
Sodium	1mg
Chlorophyll	20mg
Carotenoids	1.4mg
B1	24mcg
B2	48mcg
Niacin	120mcg
B6	25mcg
Folic acid	26mcg
Vitamin C	4mg
Vitamin E	0.14IU
Calcium	6.6mg
Magnesium	3.6mg
Chromium	1.8mcg
Iron	0.2mg
Manganese	108mcg
Potassium	86mg
Phosphorus	8.6mg
Zinc	52mcg
Boron	5.6mcg
Cobalt	0.1mcg
Copper	14mcg
Molybdenum	0.8mcg

Being a natural organic food, the nutrient levels in Lifestream Barley Grass will vary from year to year due to natural climatic changes such as sunlight and cloud cover. This exclusive analysis is based on an average.

KNOWING YOUR FOODS

To assist you in having a more alkaline balance in your diet, the table below is a very basic guide showing common foods that fall into each given category.

HIGH ACID	SLIGHTLY ACID	SLIGHTLY ALKALINE	HIGH ALKALINE
Cigarettes	Brazil Nuts	Avocado & Olive Oil	Lifestream Barley Grass
Soft Drinks	Cheddar Cheese	Millet	Lemons
White Flour	Poultry	Soy Milk	Almonds
White Bread	Fish	Raw Cows Milk	Broccoli
White Pasta	Pasteurised Milk	Fresh Raw Butter	Celery
White Sugar	Black tea	Most Fresh Fruits	Spinach
Sugary Cereals	Whole Grains	Freshly Made Juice	Most Dried Fruit
Coffee	Tomatoes	Pure Mineral Water	Carrots & Cabbage
Pastries	Natural Yogurt	Raw Honey	Parsley
Red Meats	Plums	Most Seeds	Sprouted Seeds
Over exercising	Cranberries & Olives	Onions & Garlic	Herbal Tea