



# BARLEYGREEN

## Constituents of Green Barley Leaf Extract

### Micronutrients

<u>Minerals</u>	<u>Vitamins</u>	<u>Enzymes***</u>	<u>Amino Acids</u>
Boron	Beta caroten	Aspartate aminotransferase	Alanine
Calcium	Biotin	Catalase	Arginine
Chloride	Choline	Cytochrome oxidase	Aspartic Acid
Chromium	Folic acid	DNase	Cystine
Cobolt	Niacin	Fatty acid oxidase	Glutamic acid
Copper	Pantothenic acid	Hexokinase	Glycine
Iodine	Vitamin A	Malic dehydrogenase	Histidine
Iron	Vitamin B1	Nitrate reductase	Isoleucine
Magnesium	Vitamin B12**	Nitrogen oxyreductase	Leucine
Manganese	Vitamin B2	Peroxidase	Lysine
Nickel	Vitamin B6	Peroxidase catalase	Methionine
Phosphorus	Vitamin C	Phosphatase	Phenylalanine
Potassium	Vitamin E	Phospholipase	Proline
Selenium	Vitamin F**	Polyphenoloxidase	Serine
Sodium	Vitamin K	RNase	Threonine
Sulfur	Vitamin P**	Superoxide dismutase	Tryptophan
Zinc		Transhydrogenase	Tyrosine
			Valine

Trace amounts of more than 50 other minerals

\*\*Vitamin P and Vitamin F are considered citrus bioflavonoids and essential unsaturated fatty acids, respectively. Vitamin B12 is generally believed to come from animal sources; however, independent analyses from Irvine Analytical Laboratories, as well as from the Resource Research Association, Office of Science and Technology, and Japan Food Analysis Centre, indicates that green barley leaves contain B12.

\*\*\*There is not a standard method to analyse enzyme activities. Superoxide dismutase (SOD) has been used to measure enzyme activities. Lab analyses indicate that green barley extract contains active SOD. This indicates that other common green grass enzymes are found in active conditions.

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