Barley+ for better gut nutrition

Barley+ is rich in BARLEYmax™, the one non-genetically engineered whole grain unique for its natural mix of three high quality fiber types, including prebiotic dietary fiber.

Soluble fiber captures nutrients in the viscous GI materials. This impedes enzyme access, reducing carbohydrate & sugar digestion & absorption rate.

Beta-glucan soluble fiber increases cholesterol-bound bile acid excretion, reducing circulating cholesterol levels.

Digestion produces:
- Resistant starch, soluble fiber (incl. beta-glucan) & insoluble fiber
- Carbohydrates, proteins, fats, vitamins, minerals & antioxidants

Resistant starch, fructans & FOS have prebiotic effects. Bacteria ferment these in the large bowel, producing short chain fatty acids, which are important to human health.

Insoluble fiber:
- Increases fecal mass & colonic transit rate
- Improves regular bowel function & evacuation

SOLUBLE FIBER
- Captures nutrients
- Blunts glycemic response
- Reduces blood cholesterol

PREBIOTIC FIBER
- Feeds gut microbiota

INSOLUBLE FIBER
- Improves laxation