Barley+ for better gut health

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

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

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

Digestion produces:
• Resistant starch, soluble fibre (incl. beta-glucan) & insoluble fibre ▲
• 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 fibre ▲:
• Increases faecal mass ● & colonic transit rate
• Improves regular bowel function & evacuation

BLUNTS GLYCEMIC RESPONSE
LIBERATES NUTRIENTS
FEEDS GUT MICROBIOTA
IMPROVES LAXATION

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PREBIOTIC FIBRE
INSOLUBLE FIBRE

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