



& Supplements



The USDA, United States Department of Agriculture, urges physical exercise, consumption of nutrients from whole food products plus when needed use of supplements of specific nutrients like calcium, vitamin D and B12, and to follow other helpful practices.

Many people supplement multivitamins/multiminerals because they don't get all the vitamins and minerals they need from their diet. Others with healthy diets consider multivitamins as a 'nutritional insurance policy' filling in gaps. Older adults worry about their body's diminished ability to absorb nutrients with age.

The September 2010 'Consumers Reports Canada' magazine looked into supplements including multivitamins. They estimated there are over 1,500 supplement manufacturers in the U.S. alone. Only 33% of supplements with scientific evidence of efficacy are likely safe. They also stated that there is virtually no evidence that multivitamins improve the average person's health. Their research found some don't contain the key essential vitamins and mineral in the amount listed on their labels. Others contained more than the amounts listed. Some failed to break down properly in the dissolution test. **They concluded food trumps pills!** Getting your nutrients from Vitamins isn't the same as getting them from food. Plant foods contain thousands of beneficial plant substance called phytochemicals/phytonutrients that interact with one another in myriad ways, some of which scientists may not even understand yet. Taking individual vitamins and mineral out of food robs one of all those beneficial interactions not to mention fiber, a disease fighter in its own right. That may be why study after study of isolated, high doses of vitamins has found they failed to prevent cancer, dementia, heart disease, or type 2 diabetes even though people who ate foods rich in those vitamins have lower rates of these diseases. The bottom line is it's better to get you nutrients from real food.

BARLEYGOLD™ is a superfood we have taken "back to its roots" as a nutritionally "live", enzyme rich, organic, non-chemically processed **whole food**. Did we mention that there are no side effects? **BARLEYGOLD™** has all the nutrients in regular barley caught at their peak of digestibility and stabilized over a year.

Among other nutrients **BARLEYGOLD™** contains:

- All the essential amino acids
- 10 important minerals (including selenium)
- 11 vitamins (including niacin, the B vitamin that is cardio-protective)
- Protein
- Soluble Fiber
- Fatty acids for hormonal and energy activities
- A spectrum of antioxidants (beta-carotene; lutein; vitamin C; copper, manganese and zinc form a very potent antioxidant called superoxide dismutase SOD; tocopherols)
- Lignans, phytochemicals that function as antioxidants. Women who consume lignans (also present in high levels in flaxseed) are less likely to develop breast cancer.

The abundance of beneficial nutrients in **BARLEYGOLD™** is generally not found in the standard modern diet. **BARLEYGOLD™** is simply a nutritious whole food that can safely and naturally boost your nutrient intake. It can be taken with other health products or medications. **BARLEYGOLD™** is easy to take in a variety of ways. Talk to a sales representative.

Consumer Reports did include the following list of supplements likely safe for most people in appropriate doses for certain conditions. Always talk to your doctor before starting any supplements as some may interact with prescription drugs you may be taking.

- Calcium (osteoporosis)
- Cranberry extract (urinary-tract infection)
- Fish oil (cardio health)
- Glucosamine sulfate (osteoarthritis)
- Lactase (lactose intolerance)
- Lactobacillus/acidophilus/probiotics (diarrhea with antibiotics)
- Psyllium (laxative, cholesterol)
- Pygeum/Africa prune (enlarged prostate)
- SAMe (depression, pain, osteoarthritis)
- St. John's Wort (depression)
- Vitamin D (taken with calcium for osteoporosis, vitamin D deficiency, reducing bone loss in people taking corticosteroids)

The web site 'Information is Beautiful' also lists supplements with strong, good, promising, conflicting and no scientific evidence when taken orally by an adult with a healthy diet.

Good health begins with physical activity and a balanced diet. A balanced diet is heavy on fruits, veggies, whole grains, "good" fats and fish; light on red meat, "bad" fats, and processed foods; not too high in calories (2000 to 3000 calories per day – women lower than men); and preferably 60% from the low end of the glycemic index.

