



BarleyGreen Premium™ Plus Nutritional Comparison

Nutrient Amount Per 100 Grams

Nutrient	Unit	BGPrem Plus ¹	BarleyLife ²	BarleyMax ³
Calories	kCal	359.00	339.00	300.00
Total Fat	g	4.16	2.82	0.00
Protein	g	22.18	22.80	30.00
Total Carbohydrates	g	58.30	54.80	50.00
Dietary Fiber	g	4.41	3.70	0.00
Vitamin A	IU	33,300.00	19,700.00	29,000.00
Thiamin (B1)	mcg	840.00	800.00	520.00
Riboflavin (B2)	mcg	2,400.00	1,790.00	N/A
Niacin (B3)	mg	8.70	8.59	8.70
Pyridoxine (B6)	mcg	1,100.00	1,270.00	N/A
Pantothenic Acid	mg	1.80	2.20	N/A
Cabolamin (B12)	mcg	1.20	770.00	N/A
Vitamin C	mg	234.00	27.80	300.00
Vitamin E	IU	51.80	10.10	N/A
Calcium	mg	540.00	730.00	644.00
Copper	mcg	910.00	540.00	1,00.00
Iron	mg	27.20	14.90	16.00
Magnesium	mg	264.00	220.00	389.60
Potassium	mg	4,040.00	4,280.00	3,744.00
Sodium	mg	659.00	343.00	1,295.80
Zinc	mg	5.00	2.27	2.32
Chlorophyll ⁴	mg	551.70	398.00	450.00
Chlorophyll ⁵	mg	495.00	364.00	375.00

1. BarleyGreen Premium Plus nutrients, except for chlorophyll, were measured by Siliker Laboratories, Carson, CA.
 2. Data for BarleyLife were obtained from a promotional bulletin printed and distributed by AIM (reference number 3333E (2002)).
 3. The data for BarleyMax was obtained from Hallelujah Acres promotional website page at: <http://www.barleymax.com/nutr.htm>.
 4. BarleyGreen chlorophyll was measured by our own laboratory (YH Corporation, Oxnard, CA).
 5. Updated chlorophyll values as measured by an independent testing laboratory, Anresco in San Francisco, CA.

SEE THE FACTS FOR YOURSELF

BarleyGreen Premium Plus has the most chlorophyll!

