

## ■ Green Barley

Green Barley contains abundant dietary fiber, chlorophyll, antioxidants, enzymes, and other nutrients. For example, increasing a diabetic patient's intake of beta-glucan, which is rich in green barley, can lead to significant reduction of LDL. Having a meal containing 10% beta-glucan can reduce the glycemic peak by 50%<sup>1</sup>. Barley leaf extract can help to scavenge free radicals and inhibit the oxidation of LDL. Furthermore, the addition of vitamins C and E into barley leaf extract can effectively suppress the oxidation of LDL and prevent the complication of cardiovascular diseases<sup>2</sup>. Due to the richness of antioxidant and anti-inflammatory substances, purified green barley extract (PE) has been applied to the treatment of rheumatoid arthritis (RA) patients, and shows promising results<sup>3</sup>.

The middle-aged and elderly usually have relatively high uric acid levels; it leads to the occurrence of gout. As a result of a dysfunctional uric acid metabolism, urate crystals are deposited on the joints and trigger a painful inflammatory reaction. Green Barley, an alkaline food, can neutralize uric acid. Thus, it is very beneficial in alleviating the symptoms of gout. The richness of antioxidant enzymes, "SOD & CAT"<sup>4</sup> in green barley is very positive in treating oxidative-related diseases, such as vascular, liver and kidney diseases, diabetes, different kinds of cancer and others. Green barley, a nutraceutical, plays an important role in maintaining one's health by supplementing the nutrient deficient diets of busy people living in a stressful and toxic world.



### • Reference

1. Diabetes Care. 1997 Nov; 20(11):1774-80
2. Diabetes Metab, 2002, 28(2): 107-114.
3. Roum Arch Microbiol Immunol. 1998 Jul-Dec; 57(3-4):231-42
4. Plant Foods Hum Nutr. 2009 Jun; 64(2):122-8.



## ■ Fish Oil (Omega-3 fatty acid)

Omega-3 fatty acids are essential for healthy biological functions and can not be synthesized by the body. Research found that fish oil could inhibit atherosclerosis and vascular inflammations<sup>1</sup>. Omega-3 fatty acid in fish oil also can help lower plasma triglyceride and reduce the risk of having coronary artery disease<sup>2</sup>.

The fish oil used in OmegaRich is manufactured using a proprietary refining and concentrating process to ensure the fish oil is free of toxins and heavy metals. The bioavailability of the natural TG-form fish oil is three times higher than the synthetic EE-form.

### • Reference

1. JAMC. 2002, 166(5): 608-615.
2. Ann Clin Psychiatry. 2000, 12 (3): 159-165.