

Clean Green Barley Grass



Wheat Grass



Spirulina



Chlorella



melrose

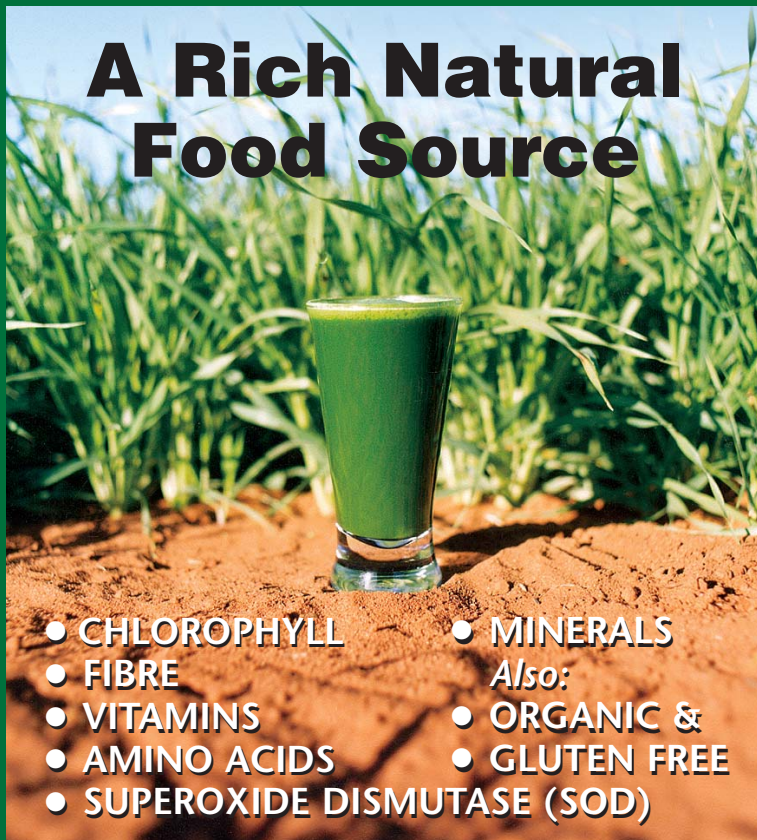
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Clean Green

Barley Grass

- A rich natural food source
- 100% Organic
- Grown in Australia / New Zealand

A Rich Natural Food Source



- CHLOROPHYLL
- FIBRE
- VITAMINS
- AMINO ACIDS
- SUPEROXIDE DISMUTASE (SOD)
- MINERALS
- Also:
 - ORGANIC &
 - GLUTEN FREE

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P303
BFA CERTIFIED
ORGANIC
IFOAM
ACCREDITED

Green Nutrition

Organic Barley & Wheat

Clean Green Organic Barley Grass and Wheat Grass powders are wholesome green foods made from the powdered dehydrated leaves of organically grown young barley plants (*Hordeum vulgare*) and organically grown young wheat plants (*Triticum aestivum*).

Clean Green Barley and Wheat grass powders are excellent providers of green vegetable nutrition. They are a rich source of dietary fibre for good colon health and regularity. They are one of the few natural sources of minerals, vitamins and antioxidants.

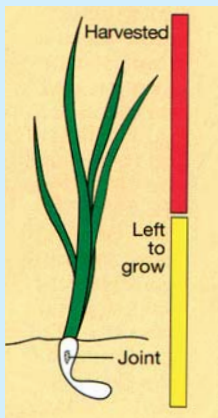
The bright green colour reflects the abundance of chlorophyll, a source of magnesium. Chlorophyll is sensitive to light - our answer is to use light opaque containers to prevent photon oxidation.

Contrary to popular opinion, Clean Green Barley and Wheat Grass do not contain gluten. This means they are safe for those who have gluten allergies.

Timing is critical for nutritional value

Not all barley and wheat grass leaves are harvested at their nutritional peak. Since 1935 scientists have known that the highest concentrations of nutrients are present for just a few critical days. By the time the young sprout reaches its nutritional peak it is between 6 and 8 inches tall. It then forms a joint that goes on to form the stalk of the grain.

At harvest, only the top 10 centimetres of the grass are harvested because this section has the richest content of nutrients. Harvest occurs just prior to jointing. Once jointing occurs, the nutritional level in the leaves begins to drop as the shoot's nutrients are used in the growth and development of the head of the grain. After low temperature warm air drying, the grass is powdered in a special air mill at room temperature.



Antioxidants

Barley and Wheat grass contain significant levels of anti-oxidants. We have known of the presence of the antioxidant superoxide dis-mutase, but the presence of Vitamin E Succinate an analogue of alpha-tocopherol, and an even more powerful anti-oxidant, "2"-O-glycosyl isovitexin, which is an isoflavonoid have been reported. Although isoflavonoids are potential therapeutic "anti-estrogens", they have significant antioxidant value as well.

Grass Powders & Tablets

Alkaline Foods

It is important to keep the fluids in our bodies on the alkaline side to reduce the risk of bone loss. Barley and Wheat grass are alkaline foods.

Nutritional Information

In general, the composition of the cereal grasses is the same. Barley and wheat grown in the same field will have the same analysis. Serving size: 6 tablets (3 grams)

	Per 100g		
Energy	1600kj	Ash (Alkaline)	10.5g
Protein	27g	Phosphorous	290mg
Fat Total	8g	Calcium	700mg
Omega-3 ALA	6.5g	Magnesium	150mg
Saturated	0.6g	Sulphur	250mg
Carbohydrate	53g	Manganese	2mg
Chlorophyll	920mg	Iron	15mg
Beta Carotene	590mg	Zinc	3mg
Free Foliates	250mg	Potassium	3700mg
		Sodium	360mg

Main features

Significant source of Chlorophylls, mixed Carotenoids, Antioxidants, Foliates, Protein and Omega-3.

Benefits

Barley and Wheat grass powders are a concentrated source of vegetable greens, essential to life. Chlorophyll, for natural cleansing of the blood and support to the immune system, and Beta Carotene, the precursor of Vitamin A, are present in highly significant quantities. Barley and Wheat Grass powders are alkaline foods. Alkaline foods keep the body from losing bone calcium.

Foliates

Barley and Wheat grass are a valuable source of folates, an essential B Vitamin, to help prevent neural tube defects like spina bifida.

Essential Fatty Acids

Barley and Wheat grass contain significant levels of Omega-3 alpha linolenic fatty acid. About 70% of the fat present in Barley and Wheat grass is Omega-3. Omega-3 is an essential fatty acid necessary for brain development and visual acuity.

*All Analyses have been performed by NATA accredited Government Laboratories.

Availability

Available in powder 125gram and 200gram. 500mg tablets, 100 and 200