



Date: 04/04/2012  
Customer: Lifestream

Operator: MARTIN

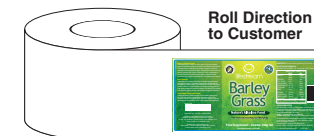
Label Size: 133 mm Across web 280 mm Around 3 mm Radius corners  
Description: 3466-2 Barley Grass 250g UK  
Colours used: DIELINE DOES NOT PRINT

Job No.: A15166 Version: 1

DEDICATED TO INNOVATION.



YOUR LABELS WILL  
BE SUPPLIED  
IN THE FORMAT  
INDICATED BELOW



#### Nature's Alkaline Food

Lifestream Barley Grass is a 100% pure, NZ grown certified organic wholesome green food made from the powdered leaves of young Barley Grass plants (*Hordeum vulgare*). It contains naturally occurring phytonutrients, chlorophyll and folic acid in a perfect 'nature-made' blend. Folate (folic acid) contributes to normal functioning of the immune system, maternal tissue growth during pregnancy and reduction of tiredness and fatigue.

#### Peak Potency

Lifestream young barley plants are harvested at peak potency and 'flash air dried' in minutes to ensure the nutrients are not damaged or compromised. This is shown by our rich Chlorophyll content, which is a good indicator for correct growing practice, high quality plants and gentle processing. We also mill our plants to an ultra fine particle size to ensure easy mixing and absorption.

#### Guaranteed Purity and Quality

Lifestream Barley Grass contains only the barley grass plant. No GMOs are used in the production or processing of this product. It is free from gluten, dairy, artificial colours or flavours, preservatives or synthetics and is 100% vegan and vegetarian.

Best before (end):



Store below 30°C. Keep dry and tightly sealed.

Packaged in New Zealand from local ingredients.  
Lifestream International Ltd, 24 Kawana St, Northcote,  
PO Box 1374, Auckland 1140, New Zealand. [www.lifestream.co.nz](http://www.lifestream.co.nz)  
Certified Organic by AsureQuality #0160

Distributed in the United Kingdom by:  
Planet Health, 1 Tithe Barn, Barnsley, Cirencester, GL7 5EG,  
United Kingdom. [www.planethealth.com.au](http://www.planethealth.com.au)



lifestream®

# Barley Grass

## Nature's Alkaline Food

With natural phytonutrients and chlorophyll

### Food Supplement - Powder 250g net

Best before and storage - see left panel

INGREDIENTS: Premium certified organic Barely Grass Powder - 100% Pure

#### NUTRITION INFORMATION

SERVINGS PER PACKAGE: 100 Serving size: 2.5g (1 heaped teaspoon)

	QUANTITY PER SERVE	QUANTITY PER 100G
ENERGY	18kJ 4kcal	736kJ 175kcal
PROTEIN	0.7g	29g
FAT, TOTAL	0.1g	5g
- SATURATED	<0.1g	0.3g
CARBOHYDRATE	<0.1g	3.4g
- SUGARS	<0.1g	3.1g
FIBRE	1.0g	39g
SODIUM	1.3mg	50mg
CHLOROPHYLL	25mg	982mg
CAROTENOIDS	1.8mg	71mg
FOLIC ACID	33mcg (16% RDA*)	1.3mg

\*RDA = recommended daily allowance  
All values specified above are averages

#### SERVING SUGGESTION:

Add to fruit juice or stir Barley Grass powder into food after cooking.  
To make a fruit smoothie, add to blender 3 cups of tropical fruit juice, 3 teaspoons of Lifestream Barley Grass powder and 1 banana and blend until smooth (make 3 servings).

Adults - 1 heaped teaspoon daily with food.

Children age 5-15yrs - generous 1/2 a teaspoon daily with food.

Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a healthy and balanced diet. Keep out of reach of children.

Store below 30°C. Keep dry and tightly sealed.  
DO NOT USE IF CAP SEALS ARE MISSING OR BROKEN

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Proof at 80%

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