

BARLEYmax[®]

wholegrain At A Glance

BARLEYmax[®] is a superfood developed over many years by Australia's CSIRO (Commonwealth Scientific and Industrial Research Organisation). It supports a healthy everyday life with its rich nutrient content, centered on dietary fiber, and its wonderful flavor.



High Fiber

Fructan

Low GI

B-glucan

Resistant Starch

Iron

Natural

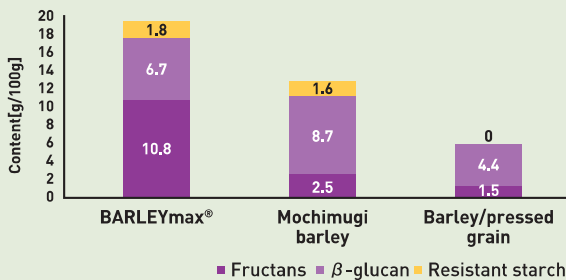
Zinc

Sweet Taste

Vitamin B6

The Unique Dietary Fiber of BARLEYmax[®]

Dietary Fibers in BARLEYmax[®] and other grain products



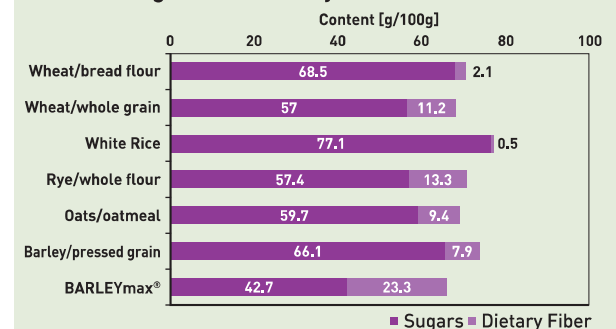
Three Types of Dietary Fiber

BARLEYmax[®] contains prebiotic fiber such as **fructan, beta glucan, and resistant starch**, providing support deep into the intestines.

Total Dietary Fiber Content

BARLEYmax[®] has **twice the total dietary fiber content of typical barley**. It is rich in dietary fiber compared to oats and rye as well.

Sugars and Dietary Fiber in Grains

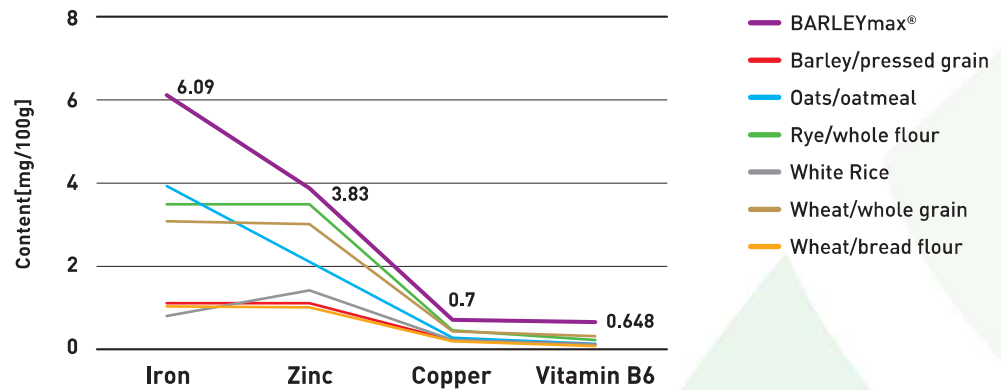


Source: The contents of each vitamin/mineral in BARLEYmax[®] are values measured by Japan Food Research Laboratories. Other values are calculated using The 8th edition of the Japanese Standard Tables of Food Composition (2020).

Other Nutrients

BARLEYmax® is rich not only in dietary fiber, but also **iron, zinc, and vitamin B6**, providing extensive support for health.

Minerals and Vitamine in Grains



Source: The contents of each vitamin/mineral in BARLEYmax® are values measured by Japan Food Research Laboratories. Other values are calculated using The 8th edition of the Japanese Standard Tables of Food Composition (2020).

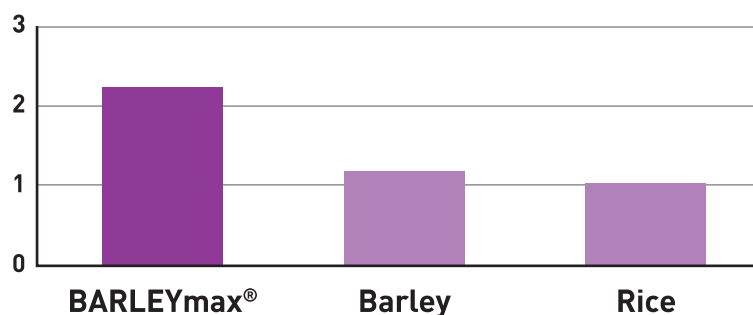
Low GI

BARLEYmax® has a **glycemic index (GI) of 24.3**. The GI is an index indicating the rise in blood glucose level following consumption of a food. A lower GI indicates a property of sugars being absorbed slowly, with foods having values of 55 and lower being deemed "low-GI foods."

High GI GI=70~	Middle GI GI=56~70	Low GI GI=~55
<ul style="list-style-type: none"> • White bread • White rice, cooked • Corn Flakes • Mashed potatoes 	<ul style="list-style-type: none"> • Whole-grain rye bread • Hamburger • Pizza, cheese 	<ul style="list-style-type: none"> • BARLEYmax®, boiled • Milk • Apple

Sweet Taste

BARLEYmax® is a type of barley with a **highly sweet taste**. In addition to being healthy, it has an enjoyable flavor.



Source: Internal measurement data
 *Hitomebore (grown in Yamaguchi Prefecture) was used for the rice, and Hindmarsh was used for the barley.