

## PEARLED BARLEY



The main quality of barley is its high digestibility and its refreshing qualities on the digestive system. Our barley has a lengthened shape due to its light pearling not to eliminate the outer layer of the grain and part of the seed completely. The presence of betaglucans, typical of this cereal, contributes to the control of cholesterol metabolism, has a positive effect on postprandial glycaemia and on the insulinemic response. The effect of increasing the feeling of satiety should not be underestimated. Another important class of compounds present in the hulled barley grain is constituted by fats which include tocopherols and tocotrienols, whose molecule is structurally linked to vitamin E. These are antioxidant molecules able to compete with free radicals (tocopherols) and more markedly hypocholesterolemic (tocotrienols) usable in pathologies such as arteriosclerosis.