

Sprouted Barley



In a research study about dried sprouted barley that has been powdered, the researchers hypothesized that barley sprouts can have beneficial effects in serving as an antioxidant. To further explain, the polyphenols, known for several health benefits like antibacterial, anti-inflammatory, and antioxidant to name a few, in the barley powder have shown to be higher than some. To put that into perspective, the study suggested that the antioxidative properties in barley sprout powder could reduce the damage from the oxidative stress from habitual alcohol drinkers with fatty liver disease (1).

The results of the research showed that the barley sprout powder “significantly impacted GSH metabolism; alanine, aspartate, and glutamate metabolism; and fatty acid synthesis” (1). The benefits from the powder targeted most heavily on the area(s) surrounding the liver and the liver functions itself. The study proved that there are benefits and effects to the prevention and even reversal of liver cell damage from alcohol and especially the fat accumulation in the liver.



Reference

1. Park, H.; Lee, E.; Kim, Y.; Jung, H. Y.; Kim, K.-M.; Kwon, O. Metabolic Profiling Analysis Reveals the Potential Contribution of Barley Sprouts against Oxidative Stress and Related Liver Cell Damage in Habitual Alcohol Drinkers. *Antioxidants* 2021, 10 (3), 459.