

Rugby League Players Shape Up for the Season: Barley a whimper as they shed 14kg with new program inspired by Freedom Foods Barley+ Range

Three South Sydney Rabbitohs Players Achieve Amazing Fat Loss Goals with Pre-season Barley+ Gut Reboot



Three Rugby League players from the South Sydney Rabbitohs were recently recruited to try a new pre-season gut reboot weight and fat loss program as part of their sports-specific pre-season training; the [Barley+](#) Gut Reboot developed by Freedom Foods. The three young stars included the powerful second-rower Siosifa Talakai, up-and-coming winger Tyrone Taukamo and centre/winger Robert Jennings.

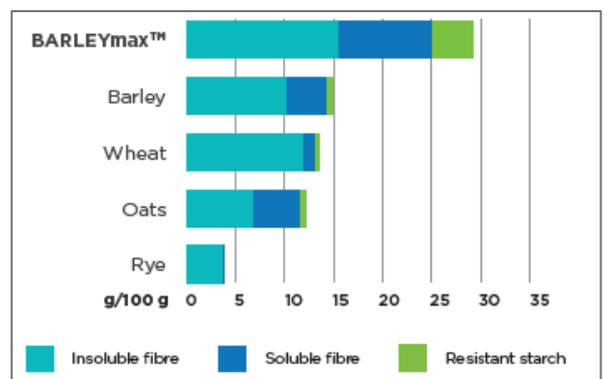
Players were also asked to snack on one Barley+ Muesli Bar per day, and to replace ordinary bread with Barley+ Wraps.

The Barley+ Pre-season Gut Reboot, as an adjunct to the elite South Sydney Rabbitohs club's sports-specific preseason training, effectively helped all three players achieve their individual fat loss goals by the end of their pre-season!

RESULTS

Siosifa Talakai lost 3.2kg fat, a 14.3% decrease compared to his starting fat levels. Tyrone Taukamo lost 5.9kg fat, a 24.4% decrease. Robert Jennings lost 5.2kg fat, a 22.1% decrease.

What is Barley+ and how could it help fat loss?





Barley⁺ is a breakfast muesli, muesli bar and flatbread wrap range launched by Australian natural foods company, [Freedom Foods](#) Group. The [Barley⁺](#) range is rich in a special high fibre, non-genetically modified barley whole grain called BARLEYmax™, developed by CSIRO to be very high in resistant starch fibre, soluble fibre and insoluble fibre (see figure).

Players undertaking the Reboot ate ½ cup of Barley⁺ Muesli with low fat milk, together with YoPRO Yoghurt and berries for breakfast.

Rabbitohs' Sports Dietitian Ryan Pinto prescribed this breakfast to *"optimise the gut health of players by providing a natural source of prebiotic fibres (Barley⁺) and probiotic cultures (YoPRO yoghurt)."*

Pinto said, *"We've made Barley⁺ part of our core foods within our nutritional program due to the incredible effects on gut health and weight loss. It not only tastes great but keeps our athletes fuller for longer and doesn't make them crash an hour or so later compared to other cereal and muesli products."*

Note: Players each had DEXA scans conducted before and after their Barley⁺ Pre-season Gut Reboot to most accurately measure changes in their body fat and muscle mass. DEXA is known as the gold standard for accurately measuring such changes.

If you would like further information or imagery, the full results of the Rabbitohs study, to interview Dietitian for the Rabbitohs Ryan Pinto or to sample the Barley+ range please contact: Katy Moore, Polkadot Communications, 02 92814190 or katy@polkadotcomms.com.au

About Freedom Foods Group:

Freedom Foods Group is an ASX-listed innovative FMCG company that has a mission of making food better. They make great tasting, high quality, healthy foods and beverages for Australia and overseas. For more information about Freedom Foods and their products, please visit: www.ffgl.com.au