



Stabilized Rice Bran



Stabilized Rice Bran (*Oryza sativa*)

Type of Plant/Fruit:

- Rice is a cereal grass (*Oryza sativa*) that is cultivated extensively in warm climates for its edible grain.
- It is now cultivated widely in flooded fields (paddies) and river deltas of tropical, semitropical, and temperate regions. Stabilized Rice Bran grows about 4 ft (1.2 m) in height. The rice has long, flat leaves and inflorescences made up of spikelets bearing flowers that produce the fruit or grain.

Origin and Native Uses:

- This ancient and venerable grain has been cultivated since 5,000 B.C. and archaeological explorations in China have uncovered sealed pots of rice that are almost 8,000 years old.
- Although mentioned rarely in the standard folklore, there are several different beliefs concerning the use of rice. Sailors believed that regular use of rice is conducive to blindness, and the slang term for rice on board a ship was "Strike-me-blind". Many young women in the 19th century ate quantities of raw rice to improve their complexions, while others believed that rice 'prevents the increase of the population' and was thus given deliberately to poor relief claimants.
- Rice is consumed by people on earth more than any other food. Rice is grown in more countries than any other grain. It is a staple food for approximately 70 percent of the world's population.
- More than 60 percent of rice's nutrients are destroyed during the milling processes. Its bran (estimated 60 million metric tons) is either thrown away or used for low-level animal feed each year.

Form Used in Chiropractor's Choice:

- We use a soluble form of Stabilized Rice Bran from a company called NutraCea®.
- NutraCea's patented food-manufacturing technology processes stabilized rice bran without compromising its nutritional value or shelf life. Other processes can stabilize rice bran for a limited time only, but none delivers both shelf life and nutritional value at once other than NutraCea's proprietary process.
- Until NutraCea® patented this process, rice bran used to be the largest, wasted food resource in the world.

Primary Ingredients and Benefits:

- Rice Bran Nutritional Facts: 1) More than 110 known antioxidants 2) High quantities of water-soluble vitamins, particularly B-complex vitamins, 3) Fat-soluble vitamins, including vitamin A and the vitamin E complex 4) Omega-6 and Omega-3 fatty acids 5) Minerals and trace minerals... Notably high in organic forms of potassium, magnesium, manganese, and phosphorus 6) Ferulic acid 7) IP6 8) Gamma Oryzanol 9) High in phytonutrients 10) Natural source for fat-soluble phytosterols, which provide benefits associated with supporting normal blood-sugar control, supports health in general and supports cholesterol metabolism. NutraCea® stabilized rice bran products are lactose and gluten-free as well as hypoallergenic.
- Although rice bran and rice germ comprise of 8% of the entire kernel, they house a staggering 65% of the kernel's nutrients!
- NutraCea® holds exclusive license rights for seven U.S. patents which include a process for micronutrient-enriched rice bran oil.

References:

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