



# RICE BRAN SOLUBLES

## With Nutritional Antioxidant Lipids



NON-GMO



VEGAN



GLUTEN - FREE



SOY-FREE



DAIRY-FREE



KOSHER



Rice Bran Solubles are the most potent, nutrient-rich part of rice. They are amazing plant complexes that contain a wide variety of nutrients not found in other foods such as tocotrienols, trienols and gamma oryzanol. Ours has a light, nutty, buttery flavor that is the perfect complement to any green drink or protein shake.

- May support healthy blood glucose
- Is a great source of healthy fats
- May support a healthy body weight
- Contains a wide variety of B vitamins
- Can help promote healthy cholesterol levels and cardiovascular function

#### SUGGESTED USE:

Mix 1-2 tbsp (6-12g) with 6-8oz of purified water, your favorite juice, milk, smoothie, or green drink. Shake or mix well and enjoy.

#### INGREDIENTS:

100% Stabilized Rice Bran with germ.

### Nutrition Facts

Serving Size: 1 tbsp (6g)

Amount Per Serving

**Calories** 30

Calories from Fat 15

**% Daily Value\***

**Total Fat** 1.5g

2%

**Sodium** 0mg

0%

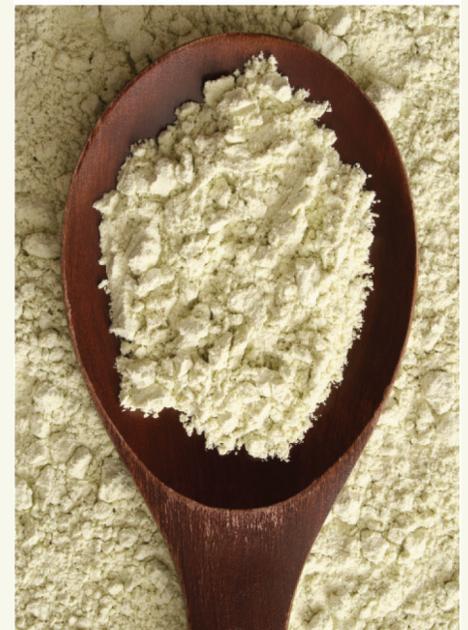
**Total Carbohydrate** 4g

1%

**Protein** <1g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, Vitamin A, Vitamin C, Calcium or iron.

\*Percentage Daily Values are based on a 2,000 calorie diet.



## SWEET & NUTTY FLAVOR

PRODUCT	SIZE	ITEM	SKU	CASE	WHOLESALE	MSRP
Rice Bran Solubles	180g powder	60001	091401600012	12	14.97	24.95



**Pure Planet's Rice Bran Solubles** is the highly concentrated soluble carbohydrate and lipid-rich component of non-chemically modified, water-soluble and stabilized rice bran. It dissolves instantly in any beverage, is easily digested, and provides a near instant energy source.

**Why we offer Rice Bran Solubles:**

Brown rice has been one of the staple foods for humans over the last 10,000 years, yet the most valuable part of brown rice is typically lost during cooking and processing. This soluble portion of rice bran contains unique lipids, antioxidants and other nutrients that can be vital in supporting human health. Pure Planet offers a patented, concentrated, soluble rice bran powder that has a mild nutty taste and is highly assimilable.

**Interesting Facts:**

Rice Bran Solubles is valued for the antioxidants it contains like tocopherols and tocotrienols (which are 50x more powerful than vitamin E) and trace amounts of the full spectrum vitamin B complex. But perhaps the most beneficial phytochemicals are the palmitic fatty acids which contain gamma oryzanol. While the white portion of rice contains 90% of the weight, it contains less than 10% of the nutrients.

**History:**

For 40,000 years, men were hunters and gatherers, yet 12, 000 years ago, man began to cultivate rice, soy and barley in China, and it soon became a staple food. The samurai considered rice sacred and consumed large amounts to gain strength. In Latin American culture, "agua de arroz" (Spanish for "rice water") was commonly

produced by soaking whole grain brown rice in water until it germinated. The blended liquid created a milky and nutritious beverage.

**Potential Benefits:**

Rice Bran Solubles has been valued by body-builders for its ability to create maximum muscle definition, yet this same hormonal impact also benefits your mood, your skin, and your other organs. The powerful antioxidant-like trienols and tocotrienols along with gamma oryzanol help strengthen and protect the heart. Rice Bran Solubles can be integral to helping someone maintain a healthy weight as well as maintain healthy cholesterol and blood glucose levels. Rice Bran Solubles provides sustained energy and is one of nature's few natural sources of COQ<sub>10</sub>, an enzyme co-factor. Rice Bran Solubles is also a great source of healthy fats which help to better absorb the beneficial antioxidants it contains.

**How it is made:**

Unlike other companies that just finely mill rice bran to make it look soluble, our patented process actually creates a truly soluble rice bran concentrate that does not contain the heavy indigestible fibers that can trap the valuable nutrients and prevent assimilation.

