

Rice Tocotrienols

A still little known series of compounds related to the better-known tocopherols associated with vitamin E are the tocotrienols. As a matter of fact, vitamin E is now considered to be a generic name for a whole class of molecules that includes the tocotrienols. Tocotrienols are, therefore, a form of vitamin E perhaps not as widely distributed in nature as tocopherols, but having quite important health benefits of their own including the prevention and treatment of disease. Unfortunately, most vitamin E supplements available on the market still lack the inclusion of tocotrienols. One particularly rich source of tocotrienols is rice.

Research now shows that tocotrienols have potent antioxidant and cholesterol lowering properties. As an antioxidant, tocotrienols are considered to be superior, in fact, to the more common alpha-tocopherol form of vitamin E. They are better distributed in the fatty layers of cell membranes, therefore better able to protect cells from free radical damage. They also have the ability to inhibit cholesterol production by the liver, specifically its detrimental form (LDL), leaving the good cholesterol (HDL) unaffected. In addition, blockage of the carotid artery and platelet aggregation (blood clotting) can be significantly reversed with the ingestion of tocotrienols. By lowering these risk factors, tocotrienols have now been shown to be beneficial in the prevention of heart disease. Tocotrienols also have shown significant anti-tumor properties and are considered effective in a regimen for cancer prevention. Rice tocotrienols are also strong in B vitamins, various minerals, protein, and amino acids.

Stabilized rice tocotrienols (tocos), also called rice solubles, have a light, fluffy texture that is fast-dissolving, adding a delicious, creamy flavor to other foods. Tocos are a positively nutritious addition to smoothies, cereal blends, oatmeal, desserts, custom nutritional drinks, and numerous other creative food uses.

Rice bran is a functional dietary fiber that is rich in B vitamins and minerals with some antioxidant properties. It benefits in the digestion of foods and has a soothing quality and a buffering affect on the body's glucose response—it is able to slow glucose absorption. It also has a positive effect on blood pressure. Our rice bran is stabilized by enzyme inaction. It contains 15% protein, 15% fat, 45% carbohydrate, and 26% fiber.

Rice Tocotrienols and Rice Bran are available in 1 lb bulk units.

Note: Rice bran is not sold on our website. Please call if interested.