

Black rice powder

Cat. No. EXTC-206

Lot. No. (See product label)

Introduction

Applications

Black rice and other whole grain rice varieties- like wild, red, or brown rices- have a similar amount of fiber, with about 2-3 grams per half cup serving. The fiber in black rice helps to prevent constipation, bloating, and other unwanted digestive symptoms. Fiber binds to waste and toxins within the digestive tract, helping to pull them out and to contribute to regular bowel function.

Product Information

Source

Black rice is a range of rice types of the species *Oryza sativa* L., some of which are glutinous rice. Varieties include Indonesian black rice and Thai jasmine black rice. Black rice has a deep black color and usually turns deep purple when cooked. Its dark purple color is primarily due to its anthocyanin content, which is higher by weight than that of other colored grains.

Appearance

This product is grey powder with natural smell and best taste

Purity

100% black rice

Function

Black rice is high in nutritional value and is a source of iron, vitamin E, and antioxidants (more than in blueberries). The bran hull (outermost layer) of black rice contains one of the highest levels of anthocyanin antioxidants found in food. The grain has a similar amount of fiber to brown rice and, like brown rice, has a mild, nutty taste 1. Full of Antioxidants The bran hull of black rice, which is the outermost layer of the rice grain, contains one of the highest levels of the antioxidant anthocyanin found in any known food. 2. Protects Heart Health Studies have shown that black rice decreases dangerous atherosclerotic plaque formation in the arteries, which is very important for keeping arteries clear and preventing heart attacks and stroke 3. Can Help Detoxify the Body Studies have demonstrated that consuming black rice can help to detox the body and cleanse the liver of harmful toxic build-up thanks to the rice's high antioxidant content. 4. Good Source of Fiber Which Improves Digestive Health