Rice Bran

Overview

- Rice bran and its oil contain large concentrations of several compounds that may prevent chronic diseases such as coronary heart disease and cancer.
- The LSU AgCenter and Pennington Biomedical Research Center faculty have been actively identifying, extracting, purifying, and evaluating the functionality of several of these compounds.
- Initial studies with rice bran focused on stabilizing the lipid degradation that leads to flavor problems.
- During these studies, it was found that rice bran contained high levels of both tocopherols and tocotrienols which act as antioxidants in the body.
- Also, high levels of a mixture of compounds referred to collectively as oryzanol were identified within rice bran.

Oryzanol: What is it?

- Oryzanol is an antioxidant, improving solubility in cell membranes and potentially lowering cholesterol.
- Oryzanol components purified from rice bran exhibit higher antioxidant capacity than vitamin E in inhibiting cholesterol oxidation.

Proposed Health Effects

- Oryzanol and the phytosterols campesterol and β-sitosterol are components of rice bran oil (RBO) and are responsible for rice bran's cholesterol-lowering abilities.
- It is believed that RBO may have an important role in delaying or preventing osteoporosis. And, because of its cholesterol-lowering effects, RBO is also believed to possibly play an important role in cardiovascular health.

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