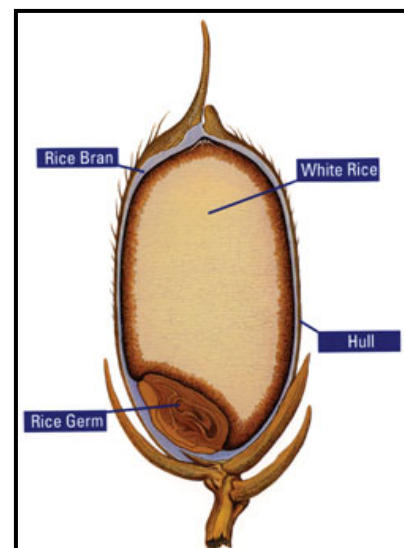


Rice Bran

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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