

FARM FRESH

Superior medicinal herbs and smart foods.



SPROUTED BLACK RICE POWDER

(*Oryza sativa*) Black Rice, also referred to as Purple Rice and, in Thailand as “Mountain Rice” (khao doi) , is a dry- land rice, rich in anthocyanin antioxidants, minerals and vitamins.



THAI FREEZE DRY
COMPANY LIMITED

www.thaifreezedry.com

Health Benefits

1

Anti-inflammatory

2

Helps satiate hunger cravings

3

Contains C3G

4

Low Glycemic

5

Anti-Diabetic

6

Weight management

7

Highly packed with nutrients and vitamins



It is the most nutritious variety of rice with higher nutritional values than either white or brown rice. Black rice is a wholegrain which is gluten free, cholesterol free, low in fat, sugar and salt yet high in fiber, anthocyanin antioxidants, Vitamins B and E, niacin, thiamin, magnesium, iron and phosphorus.

Usages of Sprouted Black Rice

1

Black rice has a clean, nutty flavor and is highly soluble. Not only does it mix with other ingredients easily but also given its low acidity, black rice can be mixed into almost any recipe or formulation you need.

Its high level of solubility (enhanced by the CFL freeze dry process that creates more-soluble particles), makes our sprouted black rice powder an ingredient that mixes well in a wide range of formulations and recipes.

2

Our process respects traditional knowledge regarding the consumption of rice. By sprouting our black rice we create an easily digestible food in its culturally correct form.

Several top selling books have been written on the “Paleolithic” theory explaining the benefits of eating sprouted foods.

This theory has launched a popular long-lasting dietary trend around such products to the point of becoming a foundation for mainstream nutritionists.

Black rice is a natural weight loss food that will help you burn fat. C3G, an antioxidant found abundantly on the dark pigments inside black rice, turns off gene expression for fat storage and turns on gene expression for burning fats.

It also moves excess calories into muscle instead of just sitting around as body fat.

To assure the highest Quality and Bio-Activity we at TFD use our Cellular Fraction-Line Technology (CFL) to provide The Worlds Purest, Full Spectrum Super Food Powders

Citations

-Dr. Zhimin Xu, associate professor at the Department of Food Sciences of Louisiana State University reports that "Just a spoonful of black rice bran ... contains more health promoting anthocyanin antioxidants than are found in a spoonful of blueberries, but with less sugar, and more fiber and vitamin E antioxidants."

Findings announced at 240th National Meeting of the American Chemical Society (ACS) Boston, Mass.

-"Microarray profiling of gene expression in human adipocytes in response to anthocyanins" Takanori Tsuda, Yuki Ueno, Toshikazu Yoshikawa, Hitoshi Kojo, Toshihiko Osawa *Biochemical Pharmacology* 71 (2006) 1184-1197

-"useful therapeutic agent for the treatment and prevention of diseases associated with chronic inflammation." *Journal of Agricultural and Food Chemistry*, Aug. 23, 2010: 58(13):7580-5

-A clinical evaluation published in "American Journal of Clinical Nutrition" investigating the effects of consumption of major flavonoid groups concluded that anthocyanins were the only group significantly associated with a lower risk of Type II Diabetes.

Wedick; Dietary flavonoid intakes and risk of type 2 diabetes in US men and women; *American Journal of Clinical Nutrition* (2012) 95:925-933.