

Rice Bran Solubles is a fairly new super nutritious food product made from the bran that is removed from processing rice. It's delicious and highly nutritious food that delivers a lot of health supporting nutrients. But to understand why it's so nutritious, you have to first check out the structure of a grain of rice.

A grain of rice has three parts: There's the endosperm, or the energy compartment which is made mostly of carbohydrates. This is what gives the rice seed its calories to grow into a plant. Then there's the rice germ. This contains the miniature plant embryo which sprouts a tiny plant when the seed germinates.

Finally, there's the rice bran. This is the real nutritional powerhouse of the rice grain -- the bran contains proteins, minerals, vitamins and healthy plant-based fats. This is the "nutritional storehouse" of the rice grain, providing the most important nutrients the sprouting rice plant needs to power its immune system, root system, circulatory system and other important plant metabolic functions.

Commercial rice lacks its natural nutrition

White rice lacks the germ and the bran. It's all removed from commercial white rice because the germ and bran portions of rice typically don't have much of a shelf life. The potent oils in the rice bran, in particular, tend to go rancid quickly because they are real food, and real food usually has a short expiration.

But through a technological innovation that first surfaced in the 1990's, one pioneering company was able to stabilize rice bran using enzymes, giving it a long shelf life while maintaining its powerful nutrients. This gave rise to a new superfood called "stabilized rice bran" or, more commonly, "soluble rice bran."

This soluble rice bran contains naturally occurring Vitamin A (Beta Carotene), Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyridoxine), Vitamin C (Ascorbic Acid), Vitamin D, Vitamin E, Folic Acid, Biotin, Choline, and Inositol.

It also contains naturally occurring Calcium, Potassium, Magnesium, Phosphorus, Iron, Zinc, Manganese, Copper, Iodine and other trace minerals.

It does not contain the carbohydrate portion of rice, nor does it contain the fibre. This is basically the nutrients of the rice grain without the carbs and the fibre.

Nutritional Data (Tocos Plus)

calculated for 3 Teaspoons (1/2oz), however, the suggested serving size for

Tocos Plus/per therapists/ is 3 Tablespoons, therefore please multiply

the amount. (=close to double).

Nutrients	Per Serving	%DV
Calories (kcal)	44.24	
Calories from Fat (kcal)	26.27	
Protein (g)	1.87	3.74%
Carbohydrates (g)	6.96	2.32%
Soluble Fiber (g)	0.2	
Dietary Fiber (g)	2.94	11.76%
Total Sugars (g)	0.13	
Fat (g)	2.92	4.49%
Saturated Fat (g)	0.58	2.92%
Mono Fat (g)	1.06	
Poly Fat (g)	1.04	
Trans Fatty Acid (g)	0	
Cholesterol (mg)	0	0%
Water (g)	0.86	
Vitamins:		
Vitamin A - IU (IU)	0	0%
Vitamin A - RAE (RAE)	0	
Vitamin A - Carotenoid RE (RE)	0	
Beta-Carotene (mcg)	0	
Vitamin B1 - Thiamin (mg)	0.39	25.69%
Vitamin B2 - Riboflavin (mg)	0.04	2.34%
Vitamin B3 - Niacin (mg)	4.76	23.80%
Niacin Equivalents (mg)	5.01	
Vitamin B6 (mg)	0.57	28.49%
Vitamin B12 (mcg)	0	0%
Biotin (mcg)	--	

Vitamin C (mg)	0	0%
Vitamin D - IU (IU)	--	
Vitamin D - mcg	--	
Vitamin E - Alpha-Toco (mg)	0.69	
Folate (mcg)	8.82	2.21%
Vitamin K (mcg)	0.27	0.33%
Folate, DFE (mcg)	8.82	
Pantothenic Acid (mg)	1.03	10.35%
Cryptoxanthin (mcg)		
Minerals		
Calcium (mg)	7.98	0.80%
Chromium (mcg)	--	
Copper (mg)	0.1	5.10%
Fluoride (mg)	--	
Iodine (mcg)	--	
Iron (mg)	2.6	14.42%
Magnesium (mg)	109.34	27.33%
Manganese (mg)	1.99	99.47%
Molybdenum	--	
Phosphorus (mg)	234.78	23.48%
Potassium (mg)	207.9	5.94%
Selenium (mcg)	2.18	3.12%
Sodium (mg)	0.7	0.03%
Zinc (mg)	0.85	5.64%
Boron (mcg)	--	
Other Fats		
Omega 3 Fatty Acid (g)	0.04	
Omega 6 Fatty Acid (g)	1	
Other Nutrients		
Gram Weight (g)	14	

Choline (mg)	4.51	
Lutein & Zeaxanthin (mcg)	30.8	
Lycopene (mcg)	0	
Inositol (g)	--	

Consisting of perfect chains of essential fatty acids, trace minerals, amino acids, PhytoNutrients, glyconutrients, and over ninety powerful antioxidants including tocotrienols (which have been found to be 6000 times more effective than vitamin E), Tocos Plus provides the nutritional strength and protection what health-diets lack. Because Tocos Plus is a food and not a drug or a supplement, our body is able to absorb its nutrition in whole organic structures, not just in bits and pieces as is usually the case with supplements.

It takes the body 3-6 months to completely replace the entire blood supply with healthier cells that have incorporated the added nutrients.