

RICE BRAN OIL

Gamma Oryzanol :

it convinces our cells to burn up the sugar in our blood that would normally get deposited in our hips or our belly. The same chemical reduces the absorption of cholesterol from the foods that we eat.

Omega-6 Fatty Acids :

these decrease your appetite and help you feel full.

Vitamin E :

Rice bran oil is high in the form of vitamin E called tocotrienols. This form of vitamin E is also high in antioxidants.

Prevention :

The same University of Rochester study found evidence that using rice bran oil over a long period of time might help to prevent cancer and some infections.

