

ORYZA

Natural Stabilized Egyptian Rice Bran Nutritional data (Values are for 100g.)

| Basic Components: | Amount: | Minerals: | Amount: | Amino Acids: | % of Protein |
|-----------------------------|---------------|-----------------------------------|----------|----------------|--------------|
| Calories information | | Calcium | 57.0mg | Alanine | 970mg |
| Calories | 316 (1323 kj) | Chloride | | Arginine | 1058mg |
| From Carbohydrate | 117 (490 kj) | Chromium | | Aspartate acid | 1308mg |
| From fat | 175 (733 kj) | Copper | 0.7 mcg | Cystine | 317mg |
| From Protein | 24.3 (102 kj) | Fluride | - | Glutamate acid | 1854mg |
| From Alcohol | 0.0 (0.0 kj) | Iron | 18.5 mg | Glycine | 875mg |
| Carbohydrates : | | Magnesium | 781mg | Histidine | 355mg |
| Total carbohydrates | 49.7g | Manganese | 14.2 mg | Isoleucine | 568mg |
| Dietary Fiber - Total | 21.0g | Molybdenum | | Leucine | 1022mg |
| Starch | - | Phosphorus | 1677mg | Lysine | 650mg |
| Suger-total | 0.9g | Potassium | 1485 mg | Phenylalanine | 355mg |
| Galactose | - | Selenium | 15.6 mcg | Proline | 13.3g |
| Glucose | 200 mg | Sodium | 5.0 mg | Serine | 662mg |
| Fructose | 200mg | Zinc | 11 mg | proline | 668mg |
| Lactose | - | Saturated Fats | | hydroxyproline | - |
| Sucrose | 500mg | Saturated fat | 4.2g | Threonine | 555mg |
| Maltose | - | 12:00 | 19.0mg | Tryptophan | 108mg |
| Other Carbs. | 21.6g | 14:00 | 78.0mg | Tyrosine | 411mg |
| Fats | | 16:00 | 3557mg | Valine | 881mg |
| Total Fat | 22g | 18:00 | 373mg | methinoine | 306mg |
| Saturated Fat | 4.3g | Monounsaturated | | | |
| Monounsat Fat | 10.0g | Monounsaturated | 7.5g | | |
| Polyunsat Fat | 7.7g | 16:1 undifferentiated | 75.0mg | Other: | %DV |
| Trans Fatty Acids | 0 | 18:1 Oleic | 7476mg | Alcohol | 0.0g |
| Cholesterol | 0 | Polyunsaturated | | Caffeine | 0.0g |
| Water | | Polyunsaturated fat | 7.5g | | |
| Water | 7g | 18:2 Linoleic | 7142 mg | Water | 6.1g |
| Ash | | 18:03 Linolenic | 316mg | 316mg | 10.0g |
| Ash | 13g | Total trans fat acids | - | Theobromine | 0.0g |
| Protein | | Total tarns monogenic fatty acids | - | | |
| Protein | 13 g | Total trans polyenoic fatty acids | - | | |
| VITAMINS: | | Total omega -3 fatty acids | 316 mg | | |
| Vitamin A | 0.0IU | Total omega -6 fatty acids | 7142mg | | |
| A-Beta Carotene | 0.0mcg | Sterols | | | |
| A-Carotenoid | 0.0mcg | Cholesterol | 0.0mg | | |
| A-Retinol | 0.0mcg | Phytosterols | - | | |
| Thiamin -B1 | 4 mg | Campesterol | - | | |
| Riboflavin - B2 | 0.3 mg | Stigmasterol | - | | |
| Niacin - B3 | 42.8 mg | Beta-sitosterol | - | | |
| Niacin | 34.0 mg | | | | |
| Vitamin B6 | 4.1 mg | | | | |
| Vitamin B12 | 0.0mcg | | | | |
| Betaine | - | | | | |
| Vitamin C | 0.0mcg | | | | |
| Vitamin D | - | | | | |
| Vitamin E | 4.9mg | | | | |
| Folate | 63.0 mcg | | | | |
| Vitamin K | 1.9mcg | | | | |
| Pantothenic Acid | 7.4mg | | | | |
| choline | 32.2mg | | | | |
| Lutien + zeaxanthin | 220 mcg | | | | |

Nutrient analysis may vary due to seasonal variations in the natural raw materials