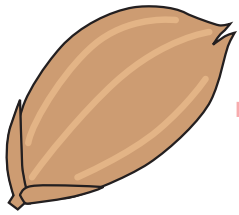


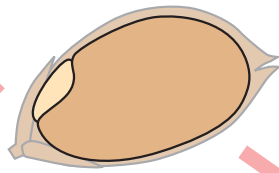
Sprouted Brown Rice

Created by the miracle of life!



Paddy:

Rice in the husk.



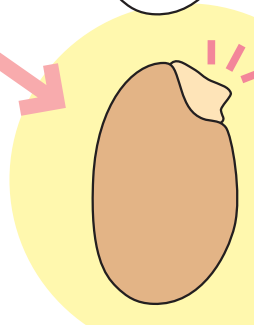
Brown Rice:

Dried rice with its husk removed. Brown rice has the drawbacks of being hard to cook and eat, but its bran contains a lot of nutrients.



Polished / White Rice:

Rice without both the germ and bran. Polished rice is most commonly eaten, because it's not only easy to cook, but easy to eat. It consists only of the endosperm, which means nutrition and ease-of-eating are poles apart.



Germinated / Sprouted Brown Rice.

During germination, dormant enzymes activate and increase nutrients. Germination softens the outer layer of the rice, which makes it just as easy to cook and eat as polished rice..

What is Sprouted Brown Rice?

Sprouted brown rice has been soaked in warm water for up to a day at a constant temperature. It has been carefully monitored and will have a bud of 0.5-1mm in length when it is dried and sprouting is halted. By stopping germination (sprouting) at this point, the amount of digestible vitamins, minerals, amino acids, etc. are significantly increased! It is just as easy to cook and eat as polished (white) rice, and it has naturally become much more nutritious than both brown, and white rice.

Why is Sprouted Brown Rice Highly Nourishing?

It is attributed to the phenomenon of germination itself, which causes dramatic changes inside the brown rice. The birth of the sprout activates dormant enzymes in the brown rice all at once to supply the best nutrition for its growth. It activates enzymes, increases nutrition (γ -amino butyric acid and free-lysine), releases components, which were blocked (phytic acid), food fiber becomes more digestible, and sprouting also produces new amazing components scarcely contained in rice (prolylendo-peptidase inhibitor).

When Should We Eat Sprouted Brown Rice?

Eating sprouted brown rice daily, allows us a stable intake of outstanding physiologically active substances. Because of its healthy natural quality, it will contribute greatly to maintaining a person's health. For most people in the world, rice is the staple, meaning that rice forms the basis of their diet. As you can imagine, having a healthy staple, means having a healthier body, healthier family and a healthier population!



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