



Rice Plus

CHOC AND MINT FLAVOUR



Rice Plus (Choc & Mint Flavour) is a protein powder blend that enhances the user's daily diet, with not only high levels of complete and balanced plant protein, but also dietary fibre and phyto-nutrients.

This unique blend contains **rice protein isolate (78%)**, providing **66.7g of protein per 100g**. We have also added **psyllium husks, green tea, alfalfa** and **guarana** to the blend to support everything from a healthy colon and stable blood sugar levels, to healthy weight management, a fast metabolism and high energy levels.

It is easily digestible and does not cause bloating or flatulence, which many people experience with dairy-based protein powders - an ideal alternative to whey and soya. It is vegan, dairy-free and gluten-free.

Premium rice protein powder blend

Product information

Ingredients (dried, powdered): Rice Protein Isolate (78%), Cocoa Powder, Psyllium Husk, Stevia Extract (Sweetener), Tricalcium Phosphate (Anti Caking Agent), Xanthum Gum (Stabiliser), Natural Flavouring, Alfalfa Herb Powder, Green Tea Powder, Guarana Seed Powder

Suggested usage: Stir 1 level scoop (25g serving) into half a large glass of water, juice, soya milk etc. Stir and add more liquid for a delicious and nutritious snack or shake. Be adventurous, blend with berries and fruits into a smoothie or sprinkle onto cereals for that extra nutritional boost and sweetness.

Nutrition

Typical values	100g	Per 25g	%RI* per
	contains	serving	serving
Energy	1526kJ	382kJ	5%
	360kcal	90kcal	5%
Fat	3.6g	0.9g	1%
of which saturates	1.4g	0.35g	2%
Carbohydrate	14.2g	3.6g	1%
of which sugars	0.2g	0.1g	<1%
Fibre	10.3g	2.6g	-
Protein	66.7g	16.7g	33%
Salt	0.2g	0.05g	2%

This product contains 20 servings per pot. Reference intake of an average adult (8400kJ / 2000kcal) (%RI)* = Reference Intake)



Beneficial for...

Gym goers	Slimmers	Athletes
Sports and fitness	Bodybuilders	Immunity
Runners	Vegetarians and vegans	Raw foodies
Energy levels	Protein intake	Slimming
Fat burning	Growth	Immunity
Nutrient intake	Antioxidant levels	Recuperation
Digestive health	Muscle recovery	Stamina
Allergy sufferers	Appetite	Metabolism

About the ingredients...

Rice protein: Rice protein is a vegetarian protein isolate that is an alternative to the more common whey and soy protein isolates. Rice offers a surprisingly effective source of lean, quality and balanced protein - a perfect option for vegetarians and vegans.

What's more, it is dairy and gluten free, making it ideal for coeliacs, as well as those with dairy, lactose and gluten intolerances or allergies.

With a 98% correlation to mother's milk and a 97% correlation to whey protein, rice protein is one of nature's most complete and readily-digested protein sources, providing a good balance of essential amino acids (comparable to dairy or egg proteins).

Sourced from rice protein isolate (78%) and providing 66.7g of protein per 100g, RiceNourish offers a naturally nutritious way to up your intake of protein. Plus, it is low in saturated fat.



About the ingredients cont...

Psyllium husk: Psyllium is a form of fibre from the *Plantago ovata* plant, specifically from the husks of the plant's seed. It sometimes goes by the name Ispaghula. It is most commonly used as a laxative, but psyllium offers more benefits than just supporting digestive health and regularity:-



Bulk-forming laxative

Psyllium is a bulk-forming laxative, which means it soaks up water in the gut and makes bowel movements easier. While it helps to promote regularity, it doesn't promote flatulence.

Satiety and weight watching

Maintaining a healthy weight is a concern for many people, especially those with a chronic condition like diabetes. Besides being good for your heart and blood sugar levels, psyllium may help you lose weight. Because psyllium absorbs liquid in the body, it can promote a feeling of being full. This can help to control appetite.

Blood sugar levels

Psyllium's been proven to help people with diabetes manage their blood sugar. People with diabetes have to carefully plan their diet to maintain a healthy balance of insulin and blood sugar (glucose). Some research has suggested that fibres like psyllium can help maintain a healthy glycaemic balance.

One study found that taking 5g of psyllium a day can help patients with type 2 diabetes control their blood sugar. Another study of men with type 2 diabetes found similar results, but stressed that psyllium therapy should be tailored to the individual.

Heart health

Psyllium can lower the risk of heart disease by helping to: lower blood pressure, improve lipid levels and strengthen heart muscle. Research has shown that soluble fibre can also help to manage cholesterol levels.

Alfalfa: The alfalfa sprout contains alkaloids, isoflavones, coumarins and sterols. It also contains 8 essential enzymes: amylase (digests starches), coagulase (coagulates milk), invertase (converts sugar into dextrose), emulsin (acts upon sugars), peroxidase (oxidases blood), lipase (fat-splitting enzyme), pectinase (forms a vegetable jelly from pectin) and protease (digests protein).

Together with its rich content of enzymes, alfalfa offers a broad spectrum of vitamins and minerals including pro-vitamin A (B-carotene), B6, C, D, E, K and P.

It also yields 10 times more mineral value than average grains. The roots penetrate sub-soil as far as 125 feet, thereby enabling the plant to absorb vital mineral nutrients beyond the reach of other vegetation (including calcium, magnesium, phosphorous and potassium).



About the ingredients cont...

Green tea: Green tea is an exceptionally good source of antioxidants and alkaloids. In fact, the key active component in green tea, epigallocatechin-3-gallate (EGCG), is many times more potent in terms of its antioxidant capacity than even vitamin C or vitamin E. It also contains various vitamins (such as vitamin A, D, E, C, B, H and K) and minerals (such as manganese, zinc, chromium and selenium).

Guarana seed: Guarana is the dried paste made from the crushed seeds of *P. cupana* or *P. sorbilis*, a woody perennial shrub native to Brazil and other regions of the Amazon. It bears orange-yellow fruits that contain up to 3 seeds each. The seeds are collected and dry-roasted over fire. The kernels are ground to a paste with cassava and moulded into cylindrical sticks, which are then sun-dried.

Guarana has played an important role in the Amazonian Indians' society. It is often taken during periods of fasting to improve tolerance of dietary restrictions. In certain regions, the extract is believed to be an aphrodisiac and to protect from malaria and dysentery.

In 1840, caffeine was identified as guarana's principal constituent. It is used by Brazilian Indians in a stimulating beverage, used like tea or coffee. However, while guarana contains caffeine, by comparison, coffee beans contain about 1-2% caffeine and the dried leaves of guarana contain from 1-4% caffeine.

Natural diet aids often include guarana, due to its appetite suppressant effect. This is related to the caffeine content. It is also often used as a natural energizer and cognitive stimulant.

