

Frequently Asked Questions

Why would I want to use Rice Protein?

Our Rice Protein is an excellent source of vegan, hypo-allergenic protein. Most people are familiar with soy and whey protein, and while they each provide sound nutrition, Rice Protein offers additional benefits. Whey protein comes from milk, and some people either cannot or do not wish to use animal-based protein. Soy protein often is difficult for people to digest and may pose allergy risks, plus some folks simply don't like the taste. Rice Protein offers a vegan alternative to soy, without the animal products of whey, and it is actually utilized more efficiently by the body than soy, too. Rice Protein is suitable for use by those with food allergies and has even been used for gavage feeding (tube feeding) of infants, the elderly and the severely ill. It has a mild flavor similar to that of Cream of Rice cereal and may be used in beverages, sprinkled on cereals and yogurt, and added to cooked dishes to boost the protein content without adding fat or a lot of calories. At about 58 calories per tablespoon (or 15 gram serving), Rice Protein is one of the lightest protein sources around.

Is your Rice Protein made from genetically modified rice?

No, our Rice Protein is not made from genetically modified rice, furthermore, the enzymes and natural vanilla flavoring used in our Rice Protein are naturally occurring from organisms that have not been modified by recombinant DNA techniques.

Rice is a carbohydrate. How do you get protein from it?

All foods contain amino acids, which are the building blocks of what we collectively call protein. Broccoli contains protein, as do all fruits and vegetables and grain products. We have isolated the protein from the carbohydrate molecules in the rice to give you Rice Protein.

Does that mean the Rice Protein is chemically derived? I'm chemically intolerant and have to avoid food additives.

Our Rice Protein is not chemically processed. We use natural enzymes that digest the carbohydrate portion of the rice and leave the protein. The result is a very pure protein free of additives or chemicals, which could cause sensitivity. (*Note: Occasionally individuals are sensitive to the enzymes used in processing. This is extremely rare - we have had only one report of such sensitivity on all the years that we have offered Rice Protein*)

Is Rice Protein considered a complete protein? How does it compare to whey?

Yes. The term "complete protein" refers to the inclusion of all nine essential amino acids. Rice Protein contains these nine amino acids, plus all other nonessential amino's. All of the ingredients in our Rice Protein are naturally occurring components of the actual rice. **We have added nothing to our product.** For individuals looking for specific rations of amino acids, the following chart will be helpful. Persons on restrictive diets would do well to consult their health care practitioner or nutritionist before adopting or rejecting the use of our Rice Protein. We cannot recommend the use of our product to treat conditions other than hunger.

FAQ continued...

Amino Acid	Whey Protein	Rice Protein	Amino Acid	Whey Protein	Rice Protein
Alanine	735	521	Lysine*	1410	627
Arginine	225	1156	Methionine*	225	178
Aspartic Acid	1755	1269	Phenylalanine*	405	600
Cysteine	315	unknown	Proline	975	592
Cystine	315	242	Serine	765	602
Glutamic Acid	2925	2187	Threonine*	1080	432
Glycine	180	490	Tryptophan*+	195	205
Histidine*	315	350	Tyrosine	375	462
Isoleucine*	870	544	Valine*	795	600
Leucine*	1650	943			

* Essential Amino Acids

+Naturally Occurring

The above ratios are in mg. per 15g serving.

Which amino acids have you added, and are they from natural or artificial sources?

All of the amino acids in the Rice Protein are naturally occurring components of the actual rice. We have added nothing to our product at all.

What is the Protein Efficiency Ratio (PER) of your Rice Protein?

The Protein Efficiency Ratio (PER) is the measure of actual protein available for the body to use. This PER is related to the percentage of the protein digested by the body. With Rice Protein, after 4 hours better than 80% of the protein has been digested, compared to only about 57% for soy. The actual PER number of Rice Protein is 2.75. Egg is the highest at 3.99, milk is second with 3.45, rice third and soy is last with a PER of 2.32.

I noticed your label gives a standard nutritional breakdown, which includes carbohydrate. What form is this carbohydrate in, and why is it there if I am buying Rice Protein?

The carbohydrate is a component of the product. Whey protein contains approximately 4-6% lactose, or milk sugar, which is also a carbohydrate. The carbohydrate in the Rice Protein is a complex carb. No sugars have been added.

I cannot tolerate wheat or its relatives, including spelt, amaranth and barley. Is your Rice Protein safe for me to use?

In the enzymatic processing we use one particular enzyme derived from Barley. While this enzyme is free from barley antigens (proteins), there is a minuscule possibility that your system might not tolerate it well. We would recommend that you consult your doctor or nutritionist regarding your specific case. Unfortunately, because our processing is patented, we cannot disclose the list of enzymes used.

What do you use for the flavors in your Rice Protein?

We use natural flavors in our Chocolate and Mixed Berry Rice Protein. The Vanilla Rice Protein is flavored with organic vanilla extract.