

# RICE PROTEIN

*Excellent Source of Vegan\* Protein*



**Boost your nutrition and energy with these wholesome, protein formulas!**

**NutriBiotic® Rice Protein** is an excellent source of high quality, vegan\* protein powder providing an extensive array of naturally occurring amino acids, the building blocks of protein.

**80% Protein Content!†**

NutriBiotic Rice Protein is produced by means of a unique enzyme process. A proprietary blend of plant enzymes is used to separate the fiber and carbohydrates from the protein portion of the whole grain, brown rice.

**Gluten & GMO-Free‡**

NutriBiotic Rice Protein is made without: milk, soy, eggs, yeast, wheat, corn, nuts, animal products, artificial sweeteners, artificial flavors, artificial colors, chemicals, pesticides, herbicides, PCBs, MSG, and preservatives.



**Available in:**

- Plain—21.16 oz. & 3 lb.
- Vanilla—21.16 oz. & 3 lb.
- Chocolate—22.93 oz. & 3 lb.
- Mixed Berry—21.16 oz.

**Also available in organic:**

- Organic Plain—21.16 oz. & 3 lb.
- Organic Vanilla—21.16 oz. & 3 lb.
- Organic Chocolate—22.93 oz.

*\*The cocoa powder in the Original Chocolate Rice Protein is made on equipment that also processes milk chocolate.*

*†The chocolate flavors contains 69% protein.*

*‡We do not use ingredients that were produced using biotechnology.*

**NutriBiotic®**  
Where Science Works Naturally®

[nutribiotic.com](http://nutribiotic.com) | 800.225.4345

Gluten-Free

Chemical-Free Processing

GMO-Free

# RICE PROTEIN Q&As

NutriBiotic Rice Protein is an excellent source of vegan 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. Our Rice Protein offers an alternative to soy without the animal products of whey. And, Rice Protein is utilized more efficiently by the body than soy. 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 a lot of fat or calories.

**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. For instance, broccoli contains protein, as do all fruits and vegetables and grain products. We use a unique process that allows us to isolate the protein from the carbohydrate portion of the rice. The end result is an extensive amino acid profile that includes 19 amino acids including all 9 essential amino acids.

**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 GMO-free plant enzymes to break down and digest the carbohydrate portion of the rice, leaving behind the protein. Our method of extraction leaves a very pure protein, free of additives or chemicals that can cause sensitivities.

**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 in the Rice Protein is a complex carbohydrate, a natural component of the product. This amount is very minimal. No sugars have been added.\*

**Are the proteins isolates or concentrates?** - They are concentrates.

**Is Rice Protein considered a complete protein?** - The term "complete protein" refers to a source of protein that contains all nine essential amino acids in adequate proportions. Rice Protein contains these nine amino acids, plus many other nonessential amino acids, but does not meet the required proportions of histidine (in the Chocolate flavor) and lysine, methionine, or phenylalanine (in all flavors). All of the amino acids in our Rice Protein are naturally occurring components of the rice. We have added nothing to our product. 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.

*NutriBiotic Rice Protein is Gluten-Free!*

**What is the amino acid profile?**

*Typical Amino Acid Profile Per Serving of Plain (mg):<sup>†</sup>*

Alanine 690	Histidine <sup>‡</sup> 270	Proline 555
Arginine 975	Isoleucine <sup>‡</sup> 525	Serine 600
Aspartic Acid 1065	Leucine <sup>‡</sup> 1035	Threonine <sup>‡</sup> 435
Cystine 270	Lysine <sup>‡</sup> 360	Tryptophan <sup>‡</sup> 165
Glutamic Acid 2160	Methionine <sup>‡</sup> 345	Tyrosine 615
Glycine 540	Phenylalanine <sup>‡</sup> 660	Valine <sup>‡</sup> 735

**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 and relates 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.

**Is your Rice Protein gluten-free?** - Yes, our Rice Protein is made from gluten-free, whole grain, brown rice and is processed using plant enzymes that are not related to wheat or any of its relatives. Therefore, processing of the rice does not contaminate the rice protein with gluten in any way. We recommend further concerns regarding the Rice Protein for those with severe food sensitivities should consult their doctor or dietician.

**Are the proteins hydrolyzed?** - No, they are not hydrolyzed.

**Why does this product contain the California Proposition 65 warning?** - Our Rice Protein does contain a small amount of lead from the rice. Recently, it has been less than 2.69mcg/serving, which is over the 0.5mcg/serving allowed by Prop. 65. However, the amount is far below the FDA allowable levels for lead, which allows up to 75mcg per day for adults.

**Should the Rice Protein be stored in the refrigerator?** - We do not recommend storing it in the refrigerator as it may draw dampness. We suggest storing it in a cool, dry location such as a cupboard.

\*There is a small amount of rice syrup solids added to the Chocolate Rice Protein due to the bitterness of the cocoa powder

†This amino acid profile is typical of the Plain while the Vanilla, Mixed Berry, and Chocolate are slightly different

‡Essential amino acid



nutribiotic.com | 800.225.4345

**PLAIN**

Nutrition Facts	
40 servings per container	
Serving size 2 tbsp. (15g)	
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>&lt;1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Iron 1mg 6%	Phosphorus 60mg 4%
Manganese 585mcg 25%	
Not a significant source of Vitamin D, Potassium, or Calcium	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: rice protein

**VANILLA**

Nutrition Facts	
40 servings per container	
Serving size 2 tbsp. (15g)	
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>&lt;1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Iron 1mg 6%	Phosphorus 50mg 4%
Manganese 585mcg 25%	
Not a significant source of Vitamin D, Potassium, or Calcium	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: rice protein and natural flavors

**CHOCOLATE**

Nutrition Facts	
About 41 servings per container	
Serving size 2 tbsp. (16g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>&lt;1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes <1g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Iron 1mg 6%	Phosphorus 50mg 4%
Manganese 520mcg 20%	
Not a significant source of Vitamin D, Potassium, or Calcium	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: rice protein, rice syrup solids, cocoa powder\*, and natural flavors

**MIXED BERRY**

Nutrition Facts	
40 servings per container	
Serving size 2 tbsp. (15g)	
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>&lt;1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Iron 1mg 6%	Phosphorus 50mg 4%
Manganese 585mcg 25%	
Not a significant source of Vitamin D, Potassium, or Calcium	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: rice protein and natural flavors