



5

Important Clarifications about Arsenic

Did You Know?

Arsenic is a naturally occurring element of the Earth.

Even if you eliminate rice from your diet, you'd still be exposed to arsenic. It is an element naturally present on the Earth's crust and is therefore found in air, soil, and water. It enters the food system when sediments leech into soil and water used to grow plants or directly into ocean water where seafood grows.

To find out how you can benefit from a healthy alternative rice protein diet, please visit us at:

www.RiceProteinFacts.com



Did You Know?

**Pesticides are not the
main culprit of arsenic in
produce**

The FDA and USDA acknowledge that the main sources are from soil and ground water. Arsenic remains in soil for many, many years so organically grown produce is not any safer than conventionally grown produce. Trace amounts are absorbed by different types of grains, fruits and vegetables.

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#Arsenic



Did You Know?

Rice contains less arsenic than seafood.

Much like seafood, rice appears to be particularly vulnerable to arsenic contamination because it grows in water. However, seafood like salmon, canned tuna and shrimp have been found to contain 5 or more times the amounts found in rice .

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Did You Know?

Arsenic is dissolvable by water and easily removed from food products like rice protein.

Arsenic is one of many minerals which get taken up from the soil into the rice plant, and it happens to be dissolvable by water.

This means that rice protein concentrates made by a water-extraction process, will have most of the arsenic content (if any) removed and the resulting protein powder will have considerably less than the starting rice grains.

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Did You Know?

Brown rice protein is **NOT** the same as brown rice

Brown rice protein powder is derived from brown rice—but they are not the same. When the protein content of brown rice is extracted and purified, most of the other nutrients are “lost.” As the name implies, this food ingredient is a concentrated protein powder, thus having most of the starch (carbohydrates), sugar, fats and even some of the minerals removed.

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