

## What is

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Black rice (also known as longevity rice and purple rice) is a range of rice types of the species Oryza sativa L., some of which are glutinous rice. Varieties include Indonesian black rice and Thai jasmine black rice. Black rice is high in nutritional value and is a source of iron, vitamin E, and antioxidants (more than in blueberries). The bran hull (outermost layer) of black rice contains one of the highest levels of anthocyanin antioxidants found in food. The grain has a similar amount of fiber to brown rice and, like brown rice, has a mild, nutty taste. In China, black rice is claimed to be good for the kidney, stomach and liver.Black rice has a deep black color and usually turns deep purple when cooked. Its dark purple color is primarily due to its anthocyanin content, which is higher by weight than that of other colored grains. It is suitable for making porridge, dessert, traditional Chinese black rice cake or bread. Noodles have been produced from black rice.

Thai black jasmine rice, while not as prevalent as the white and brown varieties, adds more vibrant

color to meals, as well as providing additional health benefits.

## Function

1.Anti-oxidant, removal of free radicals, improve iron deficiency anemia, anti-stress response and immune regulation, and other physiological functions;

2.Maintain normal blood vessels, reducing blood vessels brittle, to prevent blood vessels rupture and bleeding; Nourishing yin and invigorating the kidney, strengthening the spleen, warming the liver, improving eyesight, promoting blood circulation and so on

3.Antibacterial, lower blood pressure, the effect of inhibiting the growth of cancer cells;

4.Improve myocardial nutrition, reducing myocardial oxygen consumption and other effects; Nourishing yin and invigorating the kidney, strengthening the spleen, warming the liver, improving eyesight, promoting blood circulation and so on; Curing body weakness, dizziness, hyphemia, the white hair, eye disease, soreness of waist and knee pain and lassitude of the extremities

## Application

(1). Applied in food field, it aslo can be used as food additive and colorant;

(2). Applied in health product field, black rice extract anthocyanidin capsule supply a new way to treat atherosclerotic cardiovascular disease;

(3). Applied in cosmetic field, anthocyanidin is mainly used as antioxidant, preventing UV radiation.