**Vitamins, Minerals and Dietary Supplements**

### Oryzanol

What is oryzanol? Why do we need it?

Oryzanol (also referred to as gamma-oryzanol) is a naturally occurring mixture of various plant chemicals, including sterols and esters. It is found in a variety of plant foods such as rice bran, corn, and barley, but it's not easily absorbed by the body.

Some research suggests that oryzanol stimulates the release of natural pain-relieving substances called endorphins. Other studies suggest that oryzanol can increase resistance levels and decrease the growth of cancerous tissue in animals. Some athletes believe that weight loss results from oryzanol in terms of athletic performance; however, there is no definitive evidence that oryzanol helps to improve strength in human studies. There is also evidence that oryzanol may reduce cholesterol levels in the blood.

How much oryzanol should I take?

Because oryzanol is not an essential nutrient, recommended daily allowance levels have yet to be established. The FDA considers oryzanol to be a dietary supplement, usually as a capsule or liquid.

<table>
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<th>What can happen if I take too much oryzanol? Are there any interactions I should be aware of? What precautions should I take?</th>
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<td>Oryzanol is not believed to have any toxic effects when taken in normal doses. However, high doses of oryzanol (over 3,000 mg per day) may cause mild gastrointestinal upset. Oryzanol interferes with the absorption of certain medications, such as anticoagulants and antibiotics. Therefore, people should consult with a health care provider about lowering dosage or stopping use of oryzanol.</td>
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What forms of oryzanol are available?

Oryzanol occurs naturally in some plant foods, including rice bran, corn, and barley, and in some plant oils. Oryzanol is also available as a dietary supplement, usually as a capsule or liquid.

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