



Gamma Oryzanol Can Help Athletic Performance And More!

Gamma Oryzanol is extracted from rice bran oil, and is a mixture of substances that includes ferulic acid and sterols. It is not restricted to rice bran oil, and is also found in the bran of other grains, and some fruits and vegetables. It is commonly used as a sports supplement, although possesses other uses including treatment of menopausal symptoms and high cholesterol levels.

Athletes use gamma oryzanol to increase their muscle bulk through it increasing the levels of testosterone and other anabolic hormones. Although there is little scientific evidence for these effects, bodybuilders claim excellent results and the other benefits that the substance offers make it worthwhile taking. The reported benefits are so common and widespread that they are difficult to ignore, and it can be assumed that, in the absence of scientific evidence through test results, the athletes and bodybuilders are right until proven wrong.

Gamma oryzanol is reported to promote a number of metabolic effects on the body such stimulation of the Human Growth Hormone that is involved in increasing muscle bulk. It also induces increased release of endorphins, and improves recovery after exercise. Ferulic acid promotes increased strength, reduced fatigue and improved recovery.

The catabolic effect of cortisol is also reduced. Cortisol is produced during exercise and it is destructive to muscle tissue. What this does in practice is to increase your recovery time, and after a long run it can take two days to recover and allow your exercise effectively again. It is important that your body is conditioned to rapidly reduce its cortisol content after exercise, and ferulic acid helps you to do this.

Athletes have reported no side effects from doses of up to 900 mg of gamma oryzanol and 60 mg ferulic acid, which appears to be up to thirty times as bioavailable to the human body as gamma oryzanol. However, there are many more uses of the supplement than just metabolic ones.

Gamma oryzanol possesses strong antioxidant properties. Ferulic acid is a phenolic phytochemical, and a derivative of trans-cinnamic acid. As such, it is an antioxidant with strong reducing properties towards free radicals. Free radicals are implicated in cardiac problems caused by the oxidation of LDL cholesterol, leading to atherosclerosis that is responsible for strokes and blockages of the cardiac arteries.

Lipid peroxides can be formed by the oxidation of fats, and can damage nerve cells and muscle tissue. Antioxidants can also lead to premature aging through the destruction of



human body cells, damage to DNA and also many forms of cancer. Although it is believed that components of gamma oryzanol can inhibit the initiation of some cancers, the evidence is still scanty and the research in its infancy.

Any substance that destroys free radicals is of benefit to your health, and Ferulic acid stands beside other strong antioxidants such as Vitamins A, D and E, and many of the high colored phytochemicals such as beta carotene. It is believed to have anti-cancer properties with some forms of cancer, such as breast and liver cancer, though, as referred to above, studies are continuing.

Paradoxically, intensive physical exercise can lead to the generation of more free radicals, since they are a by-product of the generation of energy in the mitochondria from blood glucose, and so, in addition to its beneficial metabolic and anti-catabolic properties, gamma oryzanol should be taken during exercise in order to reduce the effect of these dangerous molecules.

The effect of gamma oryzanol on cholesterol levels has been demonstrated, and complement the same effect offered by the fatty acid component of the bran oil. It appears to prevent the absorption of cholesterol by the digestive tract, and so allow it to be excreted naturally before doing any harm. It is believed that the phytosterols present in rice bran oil block the cholesterol absorption sites in the intestine, so is must continue down the intestinal canal until it is evacuated.

Cholesterol itself is essential to human metabolism and biochemistry, and without it we could not survive. Cholesterol is not soluble in water, and it has to be bound to low density lipids (LDL) to enable it to be transported round the blood to where it is needed: usually in the arteries to heal up arterial damage, a bit like a sticking plaster.

However, free radicals oxidize these LDLs and deposit them along with their cholesterol on the artery walls: that is the problem, not the cholesterol itself, and is why antioxidants such as gamma oryzanol are so important to us. Rice bran oil has been used by the Japanese for many years to treat elevated cholesterol levels and also to reduce high triglyceride levels.

It also acts as an anti-inflammatory, specifically in the stomach and can be used to treat gastritis, in that it reduces the inflammation of the stomach lining. There is some evidence from studies on animals that the substance could be effective in treating gastric ulcers, although the results with animals have not yet been tried on human subjects. Another mechanism, other than the anti-inflammatory route, is through the normalization of the secretion of the gastric juices.



Another use to which gamma oryzanol has been successful put is in the treatment of menopause symptoms. This is another of those situations where some trials have proved unsuccessful, but those that use it has found it be effective. Hot flashes and aging syndromes are two symptoms that have been effectively treated by use of the supplement, with one study reporting a 50% reduction in symptoms in 70% of patients.

The way this is theorized to work is through the inhibition of the secretion of leutinizing hormone by the pituitary gland, which promotes the hypothalamus to release endorphins. Endorphins help to overcome the effects of the menopause.

Gamma oryzanol, then, has found use by many athletes and bodybuilders in its metabolic properties in helping to increase muscle bulk and reduce fat, and by shortening recovery times by reducing the catabolic effect of cortisol. However, apart from these sports-related benefits, it possess antioxidant and anti-inflammatory properties that are beneficial to your general health.



- **[Gamma Oryzanol 60 mg 100 tabs](#)**

MSRP: \$9.98 - On Sale at **49% OFF MSRP - \$ 5.09 -**

- **[Gamma Oryzanol 60 mg 200 tabs](#)**

MSRP: \$18.50 - On Sale at **49% OFF MSRP - \$ 9.44 -**