



GREEN FRIENDS

Fermented Health Food Company

Korean Fermented Brown Rice

Maximizes Absorption and Preserves Nutrition

Hyunmiryeok Fermented Rice Bran

Brown Rice, a Multi Solution for Lifestyle Diseases but No Point of Eating If You Can't Digest

Korean doctors recommend eating brown rice to patients with diabetes, obesity, and hypertension, before they take the medication. Unlike refined grains, brown rice is rich in various nutrients that treat lifestyle diseases. However, brown rice is hard to digest because of its rough cover of fiber. That is why we suggest you to try all natural and easily digestible Hyunmiryeok.



Big Hit in Korea, A Way to Absorb Brown Rice Nutrition 100%

We made Hyunmiryeok with fermented rice bran so anyone can experience the benefits of brown rice. Rice bran contains over 95% of brown rice nutrients. By fermenting this rice bran, its texture is softened and improved absorption. When Hyunmiryeok was released in Korea in 2014, it made a big hit of brown rice consumption in Korea.



240g 4g x 60 pack of granular

INGREDIENT

- Fermented organic brown rice bran
- Fermented organic rice
- Fermented yellow beans
- Organic common purslane extract
- Salicornia herbacea extract
- Calcium, Bay salt
- Fermented by Bacillus

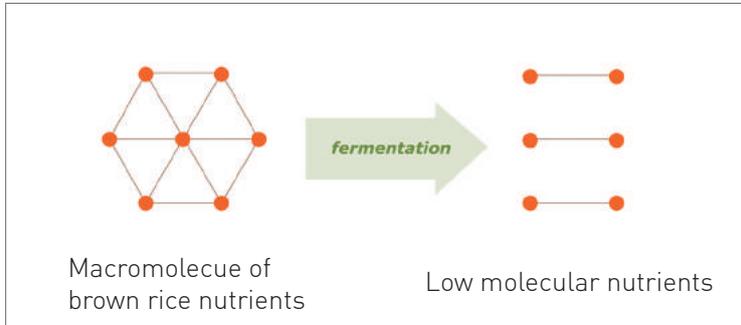
RECOMENDED INTAKE

Take 2~3 times a day with water, or season it on your usual meal

Why Hyunmiryeok Fermented Rice Bran?

Korean Fermentation, Easy Absorption of Nutrition Even for The Elders

- By fermenting with Bacillus, Korean traditional grain fermented enzyme, brown rice nutrients are broken down into smaller structure so they can be absorbed easily



- Minimize destruction of nutrients, increase free amino acids by 7.6 times, and create beneficial fermentation products
- Enable people with poor digestion to absorb brown rice nutrients 100%
- Soft textures facilitate people with weak teeth to eat

A Bowl of Brown Rice In Only 4g

- Fermented bran contains 95% of brown rice nutrients
- Contain 18 amino acids (13% protein) that help to recover from fatigue
- Low calorie with 100% whole grain nutrition (17kcal)



Easy to Carry, No Artificial Ingredients, No Side Effects

- Season it on your usual meal
- Process at organically specialized plant to maintain the purity of the raw materials
- Obtained HACCP