

## Super-Absorbable Soy Isoflavones

### 60 capsules

Item Catalog Number: 00758

Soy products are beneficial to cardiovascular and overall health because of their high content of polyunsaturated fats, fiber, vitamins, minerals, and biologically active compounds called phytochemicals. They also have a low content of saturated fat.<sup>1</sup>

Soy protein and isoflavones (phytoestrogens) have gained considerable attention for their potential role in promoting cardiovascular health. Clinical trials and animal studies showed that ingestion of soy proteins helps maintain healthy blood lipid profiles, including helping maintain triglyceride, total, LDL cholesterol levels and HDL cholesterol levels that are already within normal range.

The three major isoflavones found in soybeans are genistin, daidzin, and glycitin. Soy isoflavones exert both estrogenic and anti-estrogenic effects, depending on the tissue in which they are acting. They are structurally similar to 17-estradiol, a mammalian estrogen, and are thus called phytoestrogens. They also have non-hormonal effects, including signal transduction and antioxidant activity. Soy isoflavones may inhibit bone resorption and help stimulate bone formation,<sup>2</sup> without the side effects of hormone replacement therapy.

In recent years there has been an increase in the number of basic science, clinical, and nutritional studies investigating the potential health effects of phytoestrogens.<sup>3</sup> Genistein is the most abundant phytoestrogen, derived almost entirely from soybeans, and is considered to be the most biologically active. In postmenopausal women in the U.S.A., the daily intake of genistein is only about one mg per day.<sup>4</sup> The Japanese however, who consume about 50 mg per day, are the longest-lived people in the world.<sup>5</sup> For soy's health benefits, many more people are adding soy to their daily supplement regimen and diet.

The beneficial effects of genistein and other soy isoflavones have been shown in numerous published studies. These studies reveal that those who consume the most soy maintain healthier cell biological function and proliferation.<sup>2,6-11</sup> Other constituents of soy have also demonstrated effects that help explain the health and longevity of Asian populations who consume a great deal of soy in their diet. In response to increasing evidence that other constituents of soy may provide significant cell-protective effects, a formulation has been developed that provides standardized isoflavone extract plus fermented soy natto that may provide additional benefits. Soy natto enhances isoflavone absorption and provides other nutrients contributed by the fermentation process.<sup>12,13</sup> The enhanced absorption of genistein, daidzein, etc., may be significant enough that only one capsule of Super Absorbable Soy Isoflavones is required each day. The fermented soy natto used in this formula incorporates a novel yeast (instead of bacteria) fermentation process. Japanese researchers have found that this type of cultured broth from yeast helps promote healthy cell function and proliferation.<sup>14-16</sup>

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

#### Amount Per Serving

Soybean powdered extract	135 mg
Standardized to supply isoflavones	54 mg
Genistein and its precursor isoform genistin	27 mg
Daidzein and its precursor isoform daidzin	20 mg
Glycitein and its precursor isoform glycitin	6 mg
Soynatto® Fermented Soyfood (organic, Non-GMO)	435 mg

Other ingredients: gelatin, magnesium stearate, and rice flour.

Contains soybeans. Contains yeast and rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, gluten, or corn. Contains NO sugar, artificial sweeteners, flavors, colors, or preservatives.

Contains no genetically modified organisms.

SOYNATTO® is a registered trademark of Bio-Foods, Ltd.

Novasoy® and the Novasoy logo are registered trademarks of Archer-Daniels-Midland Company.

### Dosage and Use

- One capsule once or twice daily with food, or as recommended by a healthcare practitioner.

## Caution

Persons with estrogen dependent cancers should consult a healthcare professional before beginning a soy regimen.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

## Related Keywords

Isoflavones, Fermented, Longevity, Soy Natto

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

**LifeExtension®**

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.