

Ultra Soy Extract

675 mg, 600 high-dose capsules

Item Catalog Number: 00785

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.¹

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,² 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.³ 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.⁴ The Japanese however, who consume about 50 mg per day, are the longest-lived people in the world.⁵ For soy's health benefits, many more people are adding soy to their daily supplement regimen and diet.

Ultra Soy Extract has been reformulated to include organic, non-GMO Soynatto® fermented soy food. Ultra Soy Extract now contains an even higher ratio of genistein/genistin to other isoflavones.

References

Supplement Facts

Serving Size 5 capsules

Servings Per Container 120

Amount Per Serving

Soybean powder extract (non-GMO) [std. to 40% isoflavones (1250 mg)]	3125 mg
Soynatto® fermented soyfood (organic, non-GMO)	250 mg
Isoflavone Typical Profile	
Genistein and the genistein precursor isoform genistin	656 mg
Diadzein and the diadzein precursor isoform diadzin	553 mg
Glycitein and the glycitein precursor isoform glycitin	41 mg

Other ingredients: gelatin, magnesium stearate.

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

Soynatto® is a registered trademark of Bio-Foods, Ltd., U.S. Trademark No. 2216780.

Contains no genetically modified organisms.

Dosage and Use

- Take five capsules four times a day with food, or as recommended by a healthcare practitioner.
- This product is best utilized when taken with meals.

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.

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