

Soy Protein Concentrate

16 oz. (454 g)

Item Catalog Number: 00286

Soy protein is considered a complete protein in that it contains ample amounts of all the essential amino acids plus several other macronutrients with a nutritional value roughly equivalent to that of animal protein of high biological value. Soy protein is unique among the plant-based proteins because it contains bioactive isoflavones, a group of compounds with a variety of biological properties that may potentially benefit human health.* Soy Protein Concentrate provides a very economical concentrated source of soy protein for those who wish to augment their food protein with this convenient supplement.

In October 1999, FDA approved a health claim that can be used on labels of soy-based foods/products as protective against coronary heart disease. The FDA based this decision on clinical studies showing that at least 25 grams of soy protein per day lowered total and LDL cholesterol. To qualify for the claim foods must contain 6.25 grams of soy protein per serving and fit other criteria, such as being low in fat, cholesterol, and sodium.⁵²

Moreover, an increasing body of evidence from nutritional intervention studies in animals and humans indicates that dietary soy protein has beneficial effects on weight management. Consumption of soy protein can favorably affect satiety and reduce excess body fat in overweight animals and humans. Soy protein ingestion also improves insulin resistance.⁵³

References

Supplement Facts

Serving Size 2 heaping tablespoons (approx. 20 grams)

Servings Per Container 22

Amount Per Serving

Calories	78
Sodium	180 mg
Total Carbohydrates	1 g
Sugars	1 g
Protein	17 g
Soy isoflavones (from soy protein) (supplying 15 mg genistein)	31.7 mg

Other ingredients: none.

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

Dosage and Use

- Take two heaping tablespoons daily with meals, or as recommended by a healthcare practitioner.

Caution

The genistein in soy can interfere with the ability of radiation to kill cancer cells, though there are contradictory studies on this issue. If you have been diagnosed with cancer, consult your healthcare practitioner before using this product.

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.

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.