

Soy Power Powder (Micronized)

300 grams

Item Catalog Number: 00304

Soy products are beneficial to cardiovascular and overall health because of their high content of polyunsaturated fats, fiber, vitamins, and minerals, low content of saturated fat, and biologically active compounds called phytochemicals.¹

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

Using Soy Power Powder is an inexpensive way to gain the nutritional benefits of soy proteins and fatty acids while obtaining the health benefits of soy isoflavones. The average isoflavone breakdown of 15 grams of Soy Power shown below was determined by an independent assay. The result shows that consuming one to two teaspoons of Soy Power Powder daily will supply roughly the same amount of isoflavones found in the average, daily Japanese diet.⁴⁹⁻⁵¹

Amino acid breakdown for 15 grams of Soy Power is as follows:

Alanine	720 mg
Arginine	1140 mg
Aspartic Acid	1470 mg
Cystine	255 mg
Glutamic acid	2100 mg
Glycine	645 mg
Histidine	390 mg
Isoleucine	600 mg
Leucine	1050 mg
Lysine	945 mg
Methionine	240 mg
Phenylalanine	615 mg
Proline	630 mg
Serine	690 mg
Threonine	615 mg
Tryptophan	180 mg
Tyrosine	555 mg
Valine	705 mg

References

Supplement Facts

Serving Size 1 rounded teaspoon (approx. 15 grams)

Servings Per Container 20

Amount Per Serving

Calories	60
Calories from Fat	9.6
Total Fat	2.4 g
Saturated Fat	0.4 g
Polyunsaturated Fat	1.6 g
Total Carbohydrate	3.25 g
Dietary Fiber	0.6 g
Sugars	2 g
Protein	6 g

Isoflavone Profile

Genistein	2 mg
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Genistin	38 mg
Daidzein	3.75 mg
Daidzin	172 mg
Glycitein	4 mg
Glycitin	105 mg

Fatty Acid composition

Oleic acid	13%
Linoleic acid	53.3%
Alpha linolenic acid	16.8%
Saturated fat (vegetable)	17%
Lecithin	0.5%

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 at least one heaping teaspoon (approximately 6 gm) every day.
- One rounded tablespoon will provide approximately 15 grams.

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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