

Soy Protein

With Standardized Levels of Isoflavones



Item: 15726
Quantity: 480 g
Retail:

- ▶ High concentration of naturally occurring isoflavones.
- ▶ Helps maintain normal bone health.*
- ▶ Reduces and alleviates menopause symptoms.*
- ▶ Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of Unicity's Soy Protein provides 9 grams of soy protein.

Unicity's Soy Protein uses a new proprietary technology for producing soy isolates that creates a neutral-flavored isolate. This ensures Unicity's Soy Protein is better-tasting when compared to other products on the market.

Recently, top cardiovascular experts have recommended that soy products be used in a diet that includes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish, and lean meats.

Consumers may want to introduce soy slowly by adding small amounts to their daily diet or mixing it into existing foods. Then, once the taste and texture have become familiar, add more.

P Product Information

Soy has been used for thousands of years among the people of Eastern Asia and is only recently finding popularity among mainstream America where animal products have reigned supreme. Soy protein products, like Unicity's Soy Protein, can be good substitutes for animal products because, unlike some other beans, soy offers a "complete" protein profile.

Unicity's Soy Protein contains powerful nutrients called phytoestrogens. Phytoestrogens are plant-derived nonsteroidal compounds that possess estrogen-like biological activity.

In fact, a recent meta-analysis of human studies conducted at the University of Kentucky has established that soy consumption is significantly associated with normal heart function in humans. These effects are largely attributed to the isoflavone components of soy.

F Features and Benefits

The potential health benefits of Unicity's Soy Protein include:

- Reduction in menopause symptoms*
- Cardiovascular health*
- Bone health*
- Breast health*
- Prostate health*
- Colon health*

Soy isoflavones, some of the key, naturally occurring ingredients in Unicity's Soy Protein, have also been shown to support bone health and to maintain bone density in some in vitro and animal studies. The soy isoflavone daidzein has demonstrated a significant ability to help maintain normal bone health in both animal models and in humans.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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? Frequently Asked Questions

Q. Why not just take isoflavones in a pill form?

A. Clinical research has shown that bioactive components, such as isoflavones, do not work by themselves to reduce cholesterol. While it may be a lot easier to take a pill, studies have shown that you need the soy protein together with its bioactive components, along with a diet low in saturated fat and cholesterol, to get the cholesterol-lowering effect.

Q. What are the side effects of consuming soy protein?

A. There are no side effects of consuming soy protein. Soy is one of the oldest foods known to human kind, and has been a staple of the Asian diet for centuries.

R References

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S Science

Epidemiologists have long noted that Asian populations who consume soy foods as a dietary staple have a lower incidence of coronary heart disease (CHD) than those who consume a typical Western diet. For example, recent cultural and scientific studies have shown that soy protein consumption in Japan is reported to be as much as 55 grams per day compared with less than 5 grams in the United States. It is no surprise then, that in 2002 the World Health Organization reported that 514,450 individuals died from CHD in the United States, more than five-times the number of CHD deaths in Japan (in 2002 the U.S. population was approximately twice the population of Japan). Contemporary scientists and medical professionals are now realizing that consumption of soy protein in place of animal protein lowers blood cholesterol levels and may provide other cardiovascular benefits when taken with a low saturated fat, low cholesterol diet.

For example the *New England Journal of Medicine* reported in August of 1995 that "the consumption of soy protein rather than animal protein significantly decreased serum concentrations of total cholesterol, LDL cholesterol, and triglycerides." This means that daily consumption of soy, along with a diet low in saturated fat and cholesterol, is beneficial to individuals concerned about heart health. Unicity's Soy Protein contains nine grams of the recommended daily-intake of 25 grams.

I Ingredients

Supplement Facts

Serving Size: 1 Packet (16 g)

	Amount Per Serving	% Daily value*
Calories	60	
Calories from Fat	5	
Total Fat	0 g	1%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	
Cholesterol	0 mg	0%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	0 g	0%*
Sugars	6 g	
Protein	8 g	
Calcium (as Tricalcium Phosphate)	77 mg	8%*
Soy Isoflavone (as Identity Preserved Soy Protein Isolate and Isoflavone Extract)	18 mg	†
Papaya Fruit Extract	6 mg	†
Pineapple Fruit Extract	6 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

Other Ingredients:
Fructose, Xathan Gum

Typical Amino Acid Profile:

Alanine (358 mg), Arginine (630 mg), Aspartate (956 mg), Cystine (102 mg), Glutamate (1,585 mg), Glycine (346 mg), Histidine (215 mg), Isoleucine (403 mg), Leucine (677 mg), Lysine (518 mg), Methionine (112 mg), Phenylalanine (431 mg), Proline (422 mg), Serine (433 mg), Threonine (309 mg), Tryptophan (102 mg), Tyrosine (312 mg), Valine (415 mg).
Declared Quantities May Vary.

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For more information, contact your local Unicity Associate.

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