



# Soy Isoflavones

## What Is It?

This product is a natural soy concentrate containing 3% total isoflavones. Soybeans and soy products such as tofu and tempeh are widely recognized for their health-promoting properties. The principle active components are isoflavones, phytochemicals which have demonstrated antioxidant and estrogenic activity.\*

## Uses For Soy Isoflavones

**Menopause Support:** Isoflavones help to balance the activity of estrogen in the body. As phytoestrogens, isoflavones exhibit weaker estrogenic activity than human estrogens but compete for the same receptor sites on human cells. They have demonstrated the ability to enhance 2-hydroxyestrogen (2-OH) metabolism and to modulate 16-hydroxyestrogen (16-OH) metabolism, promoting proper estrogen balance, supporting hot flashes and maintaining healthy breast cell function. In both premenopausal and postmenopausal women, soy isoflavones support healthy lipid metabolism, playing an important role in cardiovascular health. Furthermore, isoflavone-rich diets have been shown to support bone mineral health in women.\*

**Prostate Health:** Studies suggest that soy isoflavones play a role in maintaining healthy enzyme activity and cellular health of prostate tissue.\*

## What Is The Source?

Pure Encapsulations Soy Isoflavones is a natural soy isoflavone extract containing 3% total isoflavones. There is no detectable GMO material in this product.

## Recommendations

Pure Encapsulations recommends 2-3 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Individuals sensitive to soy should not use this product.

## Are There Any Potential Drug Interactions?

Soy isoflavones may interact with conjugated and esterified estrogens and may interfere with the absorption of thyroid hormones.

### Soy Isoflavones capsules

#### each vegetable capsule contains



full-spectrum soy isoflavone concentrate .....	850 mg.
providing (typical):	
genistin .....	3.61 mg.
genistein .....	0.14 mg.
glycitin .....	7.35 mg.
glycitein .....	0.71 mg.
daidzin .....	12.15 mg.
daidzein .....	0.39 mg.
total isoflavones .....	25 mg.

2-3 capsules per day, in divided doses, with meals.

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