

IsoProtein Plus™

Daily Wellness Beverage



calcium enriched
soy protein isolate

French
Vanilla

Original
flavor

Strawberry-
Banana
Crème

Nutritional considerations for the health-minded individual include:

- Ⓛ Protein-energy utilization and lean muscle mass conservation during periods of peak stress.*
- Ⓛ Promotes healthy weight management.*
- Ⓛ Supports healthy cardiovascular function and lipid metabolism.*
- Ⓛ Immune system support.*
- Ⓛ Dietary calcium support.*
- Ⓛ Supports bone density maintenance.*
- Ⓛ Gastrointestinal and liver maintenance.*
- Ⓛ Supports healthy estrogenic activity in women and reduces hot flashes.*
- Ⓛ Blood vessel integrity and efficient blood flow.*
- Ⓛ Healthy brain function.*
- Ⓛ Cellular antioxidant supply, mitochondria energy support and protection against free radical damage.*



IsoProtein Plus™

Daily Wellness Beverage

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IsoProtein Plus™ is one of the most scientifically advanced daily wellness beverage formulas available. It contains many key ingredients researched for their nutritional health benefits. This full-spectrum formula is designed to be used as a core nutritional component of the optimal health and wellness plan recommended by your health professional. It is designed to complement, rather than replace, your multi-vitamin/mineral and essential fatty acid supplements. This product is a great tasting, once daily formula which is especially useful when high-quality protein energy is needed.

IsoProtein Plus contains optimal amounts of scientifically advanced ingredients to provide a formulation containing the precise nutrient density required for high-impact energy. This unique nutritional synergy makes IsoProtein Plus one of the most advanced soy protein powders of its kind. It provides the following nutritional benefits per serving:*

⓪ **High Protein Energy Source:**

25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of IsoProtein Plus supplies 19 grams of calcium enriched soy protein. It also provides most adults with an average of 42% of their daily protein requirements. The protein content of IsoProtein Plus is well-suited for active individuals and for those experiencing increased metabolic stress.* This vegetarian/vegan formula contains no milk, casein, lactalbumin, whey or egg protein.

⓪ **Optimal Protein to Carbohydrate Ratio:**

In light of new scientific research, many practitioners advise a reduction in carbohydrate intake while maintaining healthy protein and essential fatty acid levels. The low carbohydrate to protein ratio of IsoProtein Plus (average 1:1.5) follows these recommended guidelines. This ratio may be more effective in maintaining healthy glucose metabolism, thereby supporting healthy weight management, body composition, and lipid metabolism.*

⓪ **Calorie and Fat Content:**

Each serving of the powder provides an average of 167 calories and less than 3 grams (5% RDA) fat. The essential fatty acids from soy lecithin and flax seed include omega-6 and omega-3 oils, necessary for maintaining healthy skin, heart, joint and brain function.*

⓪ **High in Calcium and Vitamin D₃:**

Calcium helps support bone health in those at risk for osteoporosis. IsoProtein Plus contains 784 mg calcium per serving (78% RDA), which is more than twice the amount in an eight ounce glass of milk. This formula also contains 200 i.u. of vitamin D₃, which may support calcium metabolism. Regular exercise and a healthy diet with enough calcium helps young adult white and Asian women maintain good bone health and may reduce their

No Added Sugar, Artificial Ingredients or Preservatives
IsoProtein Plus™ contains only the purest and highest quality ingredients.

high risk of osteoporosis later in life. Adequate calcium intake is important, but daily intakes above about 2,000 mg are not likely to provide additional benefit.*

⦿ **Isoflavones and Lignans:**

IsoProtein Plus is fortified with the natural spectrum of soy isoflavones, including genistein, daidzein and glycitein. The total isoflavones content per serving is 92 mg, the same amount contained in three 8 oz glasses of soy milk. The addition of high-lignan flax fiber further enhances the phytoestrogen profile. Soy isoflavones and flax seed lignans function as complementary compounds and share many of the same phytoestrogenic properties in the body. Clinical research suggests that both isoflavones and lignans exhibit clear nutritional advantages for men and women, including support for the heart, circulation and lipid metabolism. For women, isoflavones and lignans can help modulate estrogen activity and support bone health.*

⦿ **4.0 grams Dietary Fiber:**

The soluble and insoluble fibers from citrus pectin, flax seed and 1,3 beta-d-glucan act synergistically to support a healthy gastrointestinal tract and microflora balance.*

⦿ **5 grams Soy Lecithin:**

Soy lecithin provides phosphatidylcholine, important for cardiovascular, brain, liver and nervous system function. It also contains essential fatty acids.*

⦿ **1,000 mg L-Glutamine:**

A conditionally-essential amino acid, l-glutamine is the most abundant amino acid in the body. It is needed for the sustained energy requirements of muscle tissue and the gastrointestinal tract, particularly during metabolic stress and in individuals over age 35.*

⦿ **50 mg Reduced Glutathione (GSH):**

GSH is an amino acid and free radical scavenger, important during times of stress when it supports immune function, liver health, cellular energy and healthy airways. IsoProtein Plus contains green tea and red beet polyphenols (plant antioxidants) shown to recycle and maintain GSH in its reduced form, thereby prolonging its protective functions in the body.*

⦿ **500 mg Green Tea Extract (GTE):**

Green tea is one of nature's most powerful antioxidants, protecting cells from free radical damage. Studies indicate that green tea polyphenol extract has greater antioxidant activity than vitamin E or C alone. This green tea extract contains 23% epigallocatechin gallate, the catechin responsible for the majority of green tea's health benefits.*

⦿ **500 mg 1,3 beta-d-glucan:**

The polysaccharide 1,3 beta-d-glucan may promote healthy immune system and thymus gland function by nutritionally supporting macrophage activity.*

⦿ **1,000 mg Red Beet Extract (RBE):**

Like green tea, red beet extract helps recycle glutathione to prolong its antioxidant activity in its reduced form. Its potent polyphenol content makes RBE a powerful free radical scavenger, comparable to vitamin E and vitamin C.*

IsoProtein Plus™



Recommendations

Mix 1½ scoops with 10-12 oz of water, juice or milk, including soy or rice milks. Shake or stir until smooth.

1½ scoops contain

calories	Original Flavor (OF): 162
	French Vanilla (FV): 174 Strawberry Banana Crème (SBC): 164
fat (all flavors)	3 g
saturated fat	<1 g
carbohydrate.....	OF: 13 g FV: 15 g SBC: 13.5 g
dietary fiber.....	4 g
sugars.....	1 g
protein (all flavors).....	21 g
calcium.....	784 mg
vitamin D ₃	200 i.u.
soy isoflavone concentrate.....	1,700 mg
flax seed powder.....	6.7 g
soy lecithin.....	5.0 g
citrus pectin (peel).....	2.0 g
l-glutamine (free-form).....	1.0 g
red beet (fruit)	1.0 g
beta glucan (1,3 beta-d-glucan).....	500 mg
green tea extract (leaf)	500 mg
(standardized to contain 60% polyphenols)	
reduced glutathione (free-form).....	50 mg
stevia	OF: 17 mg FV: 57 mg SBC: 57 mg
other ingredients: calcium enriched soy protein isolate, natural flavors, and Lo Han (Momordica grosvenori fruit extract) (Lo Han used in French Vanilla and Strawberry Banana Crème flavors only.)	

serving size: Original Flavor: 42.3 g. (1½ scoops)
 French Vanilla: 44.2 g. (1½ scoops)
 Strawberry Banana Crème: 43 g. (1½ scoops)

servings per container: Original Flavor: 13
 French Vanilla: 13
 Strawberry Banana Crème: 13

****Warning: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women. Notice: Use this product as a food supplement only.**

Amino Acid Profile serving size (1½ scoops)

aspartic acid	2.20 g	leucine	1.56 g
threonine.....	0.70 g	tyrosine	0.72 g
serine	0.99 g	phenylalanine	0.99 g
glutamic acid.....	3.63 g	lysine	1.20 g
proline	0.97 g	histidine	0.49 g
glycine	0.80 g	arginine	1.44 g
alanine.....	0.82 g	cysteine	0.25 g
valine.....	0.95 g	tryptophan.....	0.27 g
methionine	0.25 g		
isoleucine	0.93 g		

Available from your physician:

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