

Let's talk about...



Soy Protein



Key Facts

- **High-quality plant-based protein**
- **Provides all essential amino acids**
- **Highly digestible protein**

Key Benefits

- **Helps build and repair body tissues**
- **Provides energy and stamina**
- **Satisfies hunger and gives a feeling of fullness**
- **Supports lean body mass**
- **Helps reduce the risk of heart disease when consumed in appropriate amounts as part of a diet low in saturated fat and cholesterol**

Soy protein is high-quality protein isolated from soybeans. Most of the fat and carbohydrate of the soybean has been removed, leaving a nutrient-rich and satiating protein that offers several benefits from heart health to weight management.

Soy protein is a complete plant-based protein. Similar to animal protein, it provides our bodies with the full range of essential amino acids.

This complete vegetarian protein boasts naturally-occurring phytonutrients that promote health, provide energy for daily activities and meet the amino acid needs of growing children and adults alike.

According to the U.S. Food and Drug Administration, consumption of 25 grams of soy protein per day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Sixteen other countries have also authorized heart health claims for soy protein.

Soy protein is also a great addition to long-term weight-management programs, as it helps keep hunger at bay. It has been shown in clinical studies to support weight loss, while supporting lean body mass.

Studies show that this popular plant-based protein also supports muscle development and can help promote increased strength during resistance exercise training.



Did You Know?

Isolated Soy Protein is produced by removing unwanted fats and carbohydrates from the soybean. Unprocessed Soybeans are 40% fat.