

Superfood

for super results



Soy protein has recently attracted a lot of attention because of its ability to lower LDL (bad cholesterol) levels. But soy protein and its associated phytonutrients seem to reduce heart disease, osteoporosis and risk of cancer as well. So how does this little bean pack such big nutrition and health benefits?

What are soybeans? - Soybeans belong to the legume family and have been an important protein source for over five thousand years. As soybeans mature in the pod, they ripen into hard, dry beans. They can be eaten raw or cooked, and are also processed into food forms like soymilk, soybean meal, soy powder, and protein bars, in much the same way that corn and wheat are converted to meal, flour, breads or cereal. Recently the popularity of soy protein is increasing, mainly because of its health benefits.



Warning!

Beware of low-grade soy products. It's in the processing.

There are 3 methods to produce soy protein concentrate; 1) *Alcohol wash process*, 2) *Acid wash process*, 3) *Water wash process*. Since the alcohol wash process is the least costly, most products available on retail shelves are produced using this process. The problem is that the alcohol strips the valuable isoflavones from the soy. The result is a cheap product that cannot provide the benefits associated with the combination of soy protein and its naturally present isoflavones. On the other hand, Herbalife products are produced using the water wash process leaving the isoflavones in the product. The health benefits associated with isoflavones is well worth the more difficult process. Most people can feel the difference.

Benefits of Soy Protein - Soy is the only vegetable with a complete protein, containing all essential amino acids for growth being equal in quality to the protein in meat and dairy. Yet it has a very low fat content, contains no cholesterol and contains valuable phytonutrients. The main phytonutrients in soy protein are isoflavones, saponins and phytic acid, which are strong antioxidants that have a protective effect in the body.

Soy Protein Powder - Pure soy protein powder is soy protein isolate- the form of soy with the highest content of protein. It 's made by removing most of the fats and carbohydrates, yielding a product with 90% protein. It is mainly found combined with other food ingredients; for example, soy protein shake powder is a mixture of soy protein isolate, flavors, minerals and vitamins. It is an easy and efficient way to add soy protein to your diet.

Isoflavones in Soy Protein Powder - The health benefits of soy come from the soy protein and the associated isoflavones. Soy isoflavones have been recognized for many health benefits, including lowering the risk of heart disease, breast cancer, prostate cancer, osteoporosis, and they may also ease menopausal symptoms and help to maintain strong bones. Studies found that soy protein without the isoflavones appears to be less effective. Experts recommend a daily consumption of more than 25g soy protein, with its associated isoflavones. The isoflavones content of commercial soy protein



powders can vary a lot from and will depend on the method used to extract the soy protein.

*Herbalife's high-grade products contain soy protein isolate and isoflavones, making it delicious and easy to include soy into your diet. Try **Formula 1 Instant Meal, Personalized Protein Powder, Roasted Soy Nuts, Protein Bars, Protein Drinks, & Soup Mix.***