Soy isoflavones: Managing women's health naturally

Site of isoflavones extraction

Soy germ contains the highest natural level of isoflavones.

Natural isoflavones

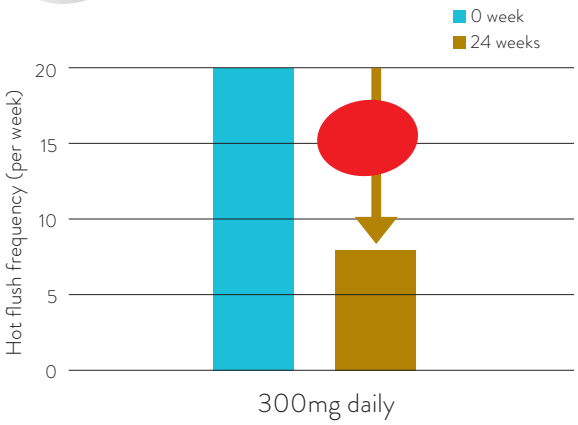
- Soy isoflavones play an important role in menopausal women's health.
- Soy isoflavones are derived naturally from soy (Glycine max), where soy germ contains the highest concentrations of isoflavones.
- Some of the rich sources of isoflavones are tofu, soy milk and tempeh[5].
- Supplements containing standardized extracts of isoflavones are available to help in managing hot flushes and slow down bone loss.

Benefits of isoflavone supplementation

Studies have shown that 300mg of standardized, soy extract helps to:

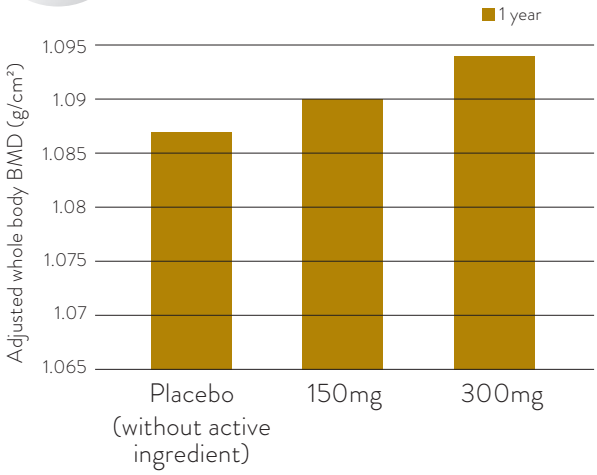
Ease hot flushes

Reduction in hot flushes frequency[6]



Slow down bone loss

Helps to maintain bone mineral density level[7]



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