

Soy isoflavones, along with other naturally occurring soy phytonutrients, have been shown in scientific studies to have many health benefits, including maintaining healthy cells, promoting normal cardiovascular function, supporting bone health and assisting estrogen balance.*

Jarrow Formulas® Iso-Rich Soy™ contains water-extracted, Non-GMO (Genetically Modified Organisms) soy protein isolate.

- **Consistent isoflavone level.** Each serving guarantees a minimum of 29 mg of naturally occurring isoflavones, consisting of genistin/genistein, daidzin/daidzein and glycitin/glycitein.
- **Water extraction** of soy protein preserves naturally occurring isoflavones and saponins.
- **Saponins**, another naturally occurring group of phytonutrients in soy, have been shown in scientific studies to enhance the body's defense mechanisms.*

Iso-Rich Soy™ is a complete source of essential amino acids and meets or exceeds the daily "Amino Acid Requirement Patterns" for adults measured by PDCAAS* (recommended by the Food and Nutrition Board, 1965).

Keep out of the reach of children.

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

Lot #: Best Used Before:

Amino Acid Pattern of Iso-Rich Soy™ compared to the FAO/WHO reference pattern			
Essential Amino Acids	mg/29g serving of Iso-Rich Soy™ powder	Iso-Rich Soy™ mg/g protein	FAO/WHO suggested for Adults mg/g protein
Histidine	557	19	19
Isoleucine	1052	36	28
Leucine	1932	66	66
Lysine	1467	51	58
Methionine	627	22	25
(+ Cystine)			
Phenylalanine	2145	74	63
(+ Tyrosine)			
Threonine	869	30	34
Tryptophan	385	13	11
Valine	1165	40	38

* PDCAAS (Protein Digestibility Corrected Amino Acid Score):
Isolated Soy Protein = 1.00 Egg White = 1.0 Casein = 1.00

Jarrow
FORMULAS®

25g Protein
29 mg Isoflavones
per serving

Genistin/Genistein • Glycitin/Glycitein • Daidzin/Daidzein

ISO-RICH SOY™

with Isoflavones

May be Beneficial for Cardiovascular Function,*
Menopausal Support* and Bone Health*

No Artificial Flavors or Sweeteners

NET WEIGHT

32 oz (908 g)
POWDER

**DIETARY
SUPPLEMENT**



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

Supplement Facts

Serving Size 2 Rounded Tablespoons (29 g)
Servings Per Container Approx. 31

	Amount Per Serving	% DV†
Calories	110	
Total Fat	0.5 g	<1%†
Saturated Fat	0 g	0%
Trans Fat	0 g	††
Cholesterol	0 mg	0%
Total Carbohydrate	1 g	<1%†
Dietary Fiber	1 g	4%†
Sugars	0 g	††
Protein	25 g	50%
Calcium	40 mg	4%
Phosphorus	200 mg	20%
Sodium	200 mg	11%
Total Isoflavones	29 mg	††
(Genistin/genistein, Daidzin/daidzein, Glycitin/glycitein)		
Saponins	>200 mg	††

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
†† Daily Value not established.

This product is not a complete nutrient source. Use this product as a food supplement only. Do not use for weight reduction. Packaged by weight, not by volume.

Use Iso-Rich Soy™ as a dietary supplement to increase your intake of protein and isoflavones.

USAGE:

Mix 2 rounded tablespoons (29 g) of powder with 6 to 8 oz. of fruit juice, milk, or your favorite beverage, or you may:

- Blend powder with liquid, ice and fruits for smoothies.
- Mix into cold or cooked cereals.
- Add to soups, sauces, casseroles, meatballs, patties, baked items (bread, muffins, etc.) or frozen desserts.

Ingredients: Soy protein isolate (Non-GMO) and natural vanilla flavor. Also contains silicon dioxide (anti-caking agent) (in trace amounts).

Contains: Soy.

Suitable for vegetarians/vegans.

No wheat, gluten, dairy, egg, fish/shellfish, peanuts/tree nuts, or preservatives.

Does not contain artificial flavors, sweeteners or colors.

This product contains naturally occurring phytoestrogens. Do not take more than 2 servings per day. Do not give to children under 12 years old.

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