

SUGGESTED USAGE: Add 1/3 cup daily to 8 oz. of water, milk, or your favorite beverage. Stir or blend.

NOW® Sports Soy Protein Isolate is a good vegetable source of high quality complete protein that has an excellent amino acid profile. Soy products, including soy protein, have naturally occurring phytoestrogens and beneficial proteins such as genistein and daidzein. Make sure you're getting the basic building blocks of good health with high quality NOW® Sports Soy Protein Isolate.

Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of NOW® Sports Soy Protein Isolate Powder provides 20 grams of soy protein.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Code 2152CN V9



SOY PROTEIN ISOLATE

PROTEIN POWDER



NET WT. 2 LBS. (907 G)



Nutrition Facts

About 38 servings per container
Serving size 1/3 cup (24g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 0.5g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 193mg	15%
Iron 3mg	15%
Potassium 14mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENT: SOY PROTEIN ISOLATE (IP, NON-GMO).

DISTRIBUTED & QUALITY TESTED BY:
NOW FOODS
395 S. GLEN ELLYN RD.
BLOOMINGDALE, IL 60108, USA
nowsportsproducts.com

Not manufactured with yeast, wheat, gluten, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Typical Amino Acid Profile (example) (per serving)**	
Essential Amino Acids	mg Per Serving
L-Histidine	646
L-Isoleucine***	830
L-Leucine***	1805
L-Lysine	1303
L-Methionine	302
L-Phenylalanine	929
L-Threonine	691
L-Tryptophan	360
L-Valine***	974
Non-Essential Amino Acids	
L-Alanine	845
L-Arginine	1589
L-Aspartic Acid	2474
L-Cysteine	634
L-Glutamic Acid	3965
Glycine	814
L-Proline	1066
L-Serine	1092
L-Tyrosine	756

**subject to natural variability
***Branched-Chain Amino Acids