

Instant Protein Soy Mix may help reduce the risk of heart disease.

Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. Three tablespoons of Instant Protein Soy Mix provide 16 grams of heart-healthy soy protein. That's why many people are choosing to replace saturated fat-laden meats and dairy products with naturally saturated fat-free low-fat soy protein. Instant Protein Soy Mix makes that choice easy, providing a simple and highly versatile way to add healthful soy protein to your diet without adding significant carbohydrates. Instant Protein Soy Mix can be added to virtually anything you cook or bake, or mixed into a delicious drink. However you use it, each serving of Instant Protein Soy Mix provides 16 grams of healthful soy protein with less than 1 gram of carbohydrate. The soy protein in Instant Protein Soy Mix contains high-quality protein equivalent to the proteins found in meats, eggs, and milk and provides all nine essential amino acids your body needs but can't manufacture itself. This high-quality soy protein is produced under an Identity Preservation Program (IPP), which means that the soybeans are tightly monitored and controlled from planting through processing. Gluten free. Non-GMO. No artificial flavors, sweeteners, colors, or preservatives added. Vegetarian formula. Naturally cholesterol free. Naturally low in fat.

**NOTICE:** Use this product as a food supplement only. Do not use for weight reduction. Shaklee recommends the Shaklee 180® Program for weight management.

**NOTICE:** Should not be used by infants under one year of age without consulting a physician.

NG652A

Shaklee®

# Instant Protein® Soy Mix

## Heart-Healthy Protein

A versatile, biologically complete protein source great for cooking, baking, and drinks

16g  
PROTEIN

ZERO  
ADDED  
SUGAR

0mg  
CHOLESTEROL

NON  
GMO

GLUTEN  
FREE

LOW  
FAT

Unflavored

NET WEIGHT  
1 LB. 6 OZ. (630 g)

### Nutrition Facts

Serving Size: 3 Tablespoons (21 g)  
Servings Per Container: 30

| Amount Per Serving      |                           |
|-------------------------|---------------------------|
| Calories 80             | Calories from Fat 15      |
| % DV**                  |                           |
| Total Fat 1.5 g         | 2%                        |
| Saturated Fat 0 g       | 0%                        |
| Trans Fat 0 g           |                           |
| Cholesterol 0 mg        | 0%                        |
| Sodium 190 mg           | 8%                        |
| Total Carbohydrate <1 g | <1%                       |
| Dietary Fiber 0 g       | 0%                        |
| Sugars 0 g              |                           |
| Protein 16 g            | 32%                       |
| Vitamin A 0%            | Vitamin C 0%              |
| Calcium 15%             | Iron 15% • Phosphorus 15% |

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    |           |          |          |
|--------------------|-----------|----------|----------|
|                    | Calories  | 2,000    | 2,500    |
| Total Fat          | Less than | 65 g     | 80 g     |
| Sat. Fat           | Less than | 20 g     | 25 g     |
| Cholesterol        | Less than | 300 mg   | 300 mg   |
| Sodium             | Less than | 2,400 mg | 2,400 mg |
| Total Carbohydrate |           | 300 g    | 375 g    |
| Dietary Fiber      |           | 25 g     | 30 g     |
| Protein            |           | 50 g     | 65 g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** SOY PROTEIN ISOLATE, SOYBEAN OIL, TRICALCIUM PHOSPHATE, SOY LECITHIN.

Distributed by Shaklee Corporation  
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**DIRECTIONS:** For Drinks: Mix 3 tablespoons of Instant Protein Soy Mix in water, juice, or your favorite beverage.

**For Cooking and Baking:** So versatile you can add to soups, casseroles, pancakes, salad dressings, and more. When using this product, cooking at a lower heat and adding extra liquid are recommended.

One serving of Shaklee Instant Protein Soy Mix provides approximately the following amount of essential amino acids:

|                         |                         |
|-------------------------|-------------------------|
| Histidine..... 440 mg   | Phenylalanine... 890 mg |
| Isoleucine ..... 830 mg | Threonine ..... 640 mg  |
| Leucine ..... 1,390 mg  | Tryptophan ..... 210 mg |
| Lysine..... 1,060 mg    | Valine ..... 850 mg     |
| Methionine ..... 230 mg |                         |

Please go to [shaklee.com/nongmo](https://shaklee.com/nongmo) for the Shaklee non-GMO policy.

Product sold by weight only, not by volume. Settling will occur in shipping and handling.

MANUFACTURED IN A FACILITY THAT MAY ALSO PROCESS TREE NUTS, MILK, EGG, SOY, WHEAT, SHELLFISH, AND FISH.

Product Questions?  
925.734.3638

Item #20661