

SUGGESTED USAGE: Add 1 level scoop (45 g) daily to 8 - 12 oz. of water, milk, or your favorite beverage.

NOW® 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 Soy Protein Isolate from NOW.

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® Soy Protein Isolate Powder provides 25 grams of soy protein.

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

CODE 2143B V3



Non-GMO
Mixes Easily, Tastes Great!
25 g of Soy Protein
per serving
Net Wt. 2 lbs. (907 g)



Soy Protein Isolate

Natural Chocolate



Nutrition Facts

Serving Size 1 Level Scoop (45 g)
Servings Per Container about 20

Amount Per Serving

Calories 160 Calories from Fat 15

% Daily Value*

Total Fat 1.5 g	2%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 320 mg	13%
Potassium 400 mg	11%
Total Carbohydrate 9 g	3%
Dietary Fiber 0 g	0%
Sugars 9 g	
Protein 25 g	50%

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 30%

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

	2,000 Calories	2,500 Calories
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

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

Ingredients: Soy Protein Isolate (IP, Non-GMO), Fructose, Natural Flavors, Soy Lecithin, Guar Gum and Sea Salt.

Contains soy and milk.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA
For more product information
visit www.nowfoods.com/2143

Suitable for lacto-vegetarians.

Typical Amino Acid Profile (example) (per serving)**

Essential Amino Acids	mg Per 45 g Serving
L-Isoleucine	1243
L-Leucine	2071
L-Lysine	1598
L-Methionine	325
L-Phenylalanine	1331
L-Threonine	976
L-Tryptophan	325
L-Valine	1272
Non-Essential Amino Acids	
L-Alanine	1095
L-Arginine	1923
L-Aspartic Acid	2959
L-Cysteine	325
L-Glutamic Acid	4882
Glycine	1065
L-Histidine	680
L-Proline	1302
L-Serine	1331
L-Tyrosine	976
Total	25,679 mg

** subject to natural variability

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

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.