



Highest Critical Cluster
Amino Acid Formula

Advanced Soy Pro™: Water-Washed Soy Isolates.

Whether you're a serious athlete or not, you've probably heard of the amazing benefits of using soy. Representing the next generation in high-yield water-washed isolates, Advanced Soy Pro™ provides you with the ultimate soy advantage. For the athlete, Advanced Soy Pro™ contains all the essential amino acids and the highest amounts of "critical cluster" aminos (BCAAs, glutamine & arginine) found anywhere - more than egg, milk and even whey protein! To maximize the overall health benefits derived from soy, our Advanced Soy Pro™ is strictly water-washed to ensure the highest levels of isoflavones - isoflavones are highly soluble in alcohol and are lost in conventional alcohol-washed processing. Advanced Soy Pro™ preserves the natural levels of isoflavones as found in the soybean itself. Each serving of Advanced Soy Pro™ provides up to 125mg of isoflavones per serving.† Mounting evidence suggests that regular soy intake can help promote cardiovascular health, boost the immune system, lower cholesterol, prevent bone loss, and regulate hormones more effectively.*

†As the isoflavones are naturally occurring, actual amounts may vary.

100% GUARANTEE: If not completely satisfied, return remainder of product and receipt to place of purchase within 30 days for an immediate refund or exchange.

KEEP OUT OF THE REACH OF CHILDREN. STORE BOTTLE TIGHTLY CLOSED IN A COOL, DRY PLACE AWAY FROM DIRECT HEAT, MOISTURE AND SUNLIGHT.

*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.



Advanced
Soy Pro™

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SPI

100% Water-Washed
Soy-Protein Isolates

aspartame-
free formula
lactose &
cholesterol-free
complete Protein Source

SUPERIOR SOY PROTEIN SHAKE



1.5lb. (682g)

Complete Soy Supplement

Supplement Facts

Serving Size 1 Scoop (33g)
Servings Per Container 21

Amount Per Serving		%DV
Calories	120	
Calories from Fat	9	
Total Fat	1g	<2%*
Total Carbohydrate	0g	0%
Sugars	0g	**
Protein	28g	55%*
Thiamin	63mcg	4%
Riboflavin	31mcg	2%
Folic Acid	64mcg	16%
Biotin	8mcg	3%
Calcium	60mg	6%
Iron	5mg	28%
Phosphorus	250mg	25%
Zinc	1.2mg	8%
Copper	440mcg	22%
Sodium	285mg	12%*

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: SUPRO® Brand Isolated Soy Protein, natural & artificial flavors and acesulfame potassium. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

SUPRO® Brand Isolated Soy Protein is a registered trademark of Protein Technologies International, Inc.

Typical Amino Acid Profile

Grams of amino acids in 100g of pure protein.

Alanine	4.3 g
Arginine	7.6 g
Aspartic Acid	11.6 g
Cysteine	1.3 g
Glutamic Acid	19.1 g
Glycine	4.2 g
Histidine	2.6 g
Isoleucine	4.9 g
Leucine	8.2 g
Lysine	6.3 g
Methionine	1.3 g
Phenylalanine	5.2 g
Proline	5.1 g
Serine	5.2 g
Threonine	3.8 g
Tryptophan	1.3 g
Tyrosine	3.8 g
Valine	5.0 g

Note: The L-Tryptophan in this product is naturally occurring from the protein source. It is not added or manufactured.

Recommended Use: Mix 1 scoop with 12-16 ounces of your favorite beverage. For best results use at least twice daily, with one serving 45 minutes prior to your workout. You can also create many delicious low-fat, high protein dishes by using Advanced Soy Pro™ in your cooking.

MADE IN THE U.S.A.
Formulated and Manufactured by



New Brunswick, NJ 08901
800-USA-0101 • 732-545-3130