

GNC SUPERFOODS SOY PROTEIN

GNC SuperFoods Soy Protein is a delicious way to incorporate the healthful benefits of soy into your diet. This superior soy protein features Solae™ Isolated Soy Protein and is produced from Identity Preserved Conventional Ingredients. This product meets the Solae™ Identity Preservation Non-GMO (genetically modified organisms) Product Commitment for ingredients produced without Biotechnology.

Soy's nutritional composition offers many health benefits. It includes isoflavones that may provide support in maintaining bone density and a healthy cardiovascular system. These isoflavones also act as mild estrogens. In addition to these isoflavones, soy supplies phytic acid, which may provide antioxidant support. Each serving combines these important, naturally occurring isoflavones with 13 grams of soy protein. The FDA has determined that diets low in saturated fat and cholesterol, including 25 grams of soy protein a day, may reduce the risk of heart disease.

GNC SuperFoods Soy Protein features an exceptionally high-quality soy protein that is processed with water, rather than harsh alcohol. By using water, the integrity of soy's naturally occurring isoflavones are preserved.



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Vegetarian



SCAN &
LEARN MORE

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC SUPERFOODS SOY PROTEIN

NON-GMO ISOLATED SOY PROTEIN

- 13 grams of vegetarian protein per serving
- 0 grams of carbohydrates
- Cholesterol free
- Sugar free



UNFLAVORED
SUPERIOR
MIXABILITY

NET WT 11.09 OZ (315 G)

CODE 350922

LNG

Directions: Mix one scoop (15g) with one cup (8 fl. oz.) of water, juice or your favorite beverage. For added flavor and variety, blend in your favorite fruit with 1/2 cup of crushed ice.

Nutrition Facts

Serving Size One Scoop (15g)
Servings Per Container 21

Amount Per Serving

Calories 60
Calories from Fat 10

	% Daily Value†
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	

% Daily Value†

Protein 13g

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	10%

† Percent Daily Values 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Solae™ Brand Isolated Soy Protein, Lecithin.

CONTAINS: Soybeans.

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

Significant product settling may occur.

No Artificial Colors, No Artificial Flavors, No Preservatives, No Wheat, No Lactose, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

Typical Isoflavone Content Per Serving:

Daidzein (all forms)	3.9mg - 11.7mg
Genistein (all forms)	7.8mg - 23.4mg
Glycitein (all forms)	1.3mg - 3.9mg
Total Isoflavones	13.0mg - 39.0mg

Daybreak Smoothie

- 1 cup frozen strawberries
- 1 cup frozen mango chunks
- 1 cup raspberry juice (100% juice)
- 1 cup vanilla almond milk
- 1 Tbsp chia seeds
- 1 scoop GNC SuperFoods Soy Protein
- 1 packet GNC Ultra Probiotic Complex 25

Combine fruit and liquids in blender bowl and cover with lid. Pulse until smooth. Add chia, Soy Protein and Probiotics. Blend until desired consistency is reached. Serves 2. Enjoy!