

Soy isoflavones, along with other naturally occurring soy phytonutrients, have been shown in scientific studies to have many health benefits, including maintaining healthy cells, promoting normal cardiovascular function, supporting bone health and assisting estrogen balance.\*

Jarrow Formulas® Iso-Rich Soy™ contains water-extracted, Non-GMO (Genetically Modified Organisms) soy protein isolate.

- Consistent isoflavone level.** Each serving guarantees a minimum of 29 mg of naturally occurring isoflavones, consisting of genistin/genistein, daidzin/daidzein and glycitin/glycitein.
- Water extraction** of soy protein preserves naturally occurring isoflavones and saponins.
- Saponins**, another naturally occurring group of phytonutrients in soy, have been shown in scientific studies to enhance the body's defense mechanisms.\*

**HEALTH CLAIM:** Consumption of 25 g of soy protein a day, as a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Jarrow Formulas® Iso-Rich Soy™ provides 25 g of soy protein.

Iso-Rich Soy™ is a complete source of essential amino acids and meets or exceeds the daily "Amino Acid Requirement Patterns" for adults measured by PDCAAS\* (recommended by the Food and Nutrition Board, 1989).

Keep out of the reach of children.

\* 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.

Lot #. Best Used Before:

Amino Acid Pattern of Iso-Rich Soy™ compared to the FAO/WHO reference pattern			
Essential Amino Acids	mg/29 g serving of Iso Rich Soy™ Powder	Iso-Rich Soy™ mg/g protein	FAO/WHO suggested for Adults mg/g protein
Histidine	557	19	19
Isoleucine	1052	36	28
Leucine	1902	66	66
Lysine	1467	51	58
Methionine	627	22	25
(+ Cystine)			
Phenylalanine	2145	74	63
(+ Tyrosine)			
Threonine	860	30	34
Tryptophan	385	13	11
Valine	1160	40	35

\* PDCAAS (Protein Digestibility Corrected Amino Acid Score): Isolated Soy Protein = 1.00 Egg White = 1.00 Casein = 1.00

**JARROW**  
FORMULAS

25g  
Protein 29 mg  
Isoflavones  
per serving

Genistin/Genistein • Glycitin/Glycitein • Daidzin/Daidzein

# ISO-RICH SOY™

with Isoflavones

May be Beneficial for Cardiovascular Function,\*  
Menopausal Support\* and Bone Health\*

No Artificial Flavors or Sweeteners

NET WEIGHT

14 oz (400 g) DIETARY  
POWDER SUPPLEMENT



## Supplement Facts

Serving Size 2 Rounded Tbsp. (Approx. 29 g)  
Servings Per Container 14

### Amount Per Serving

Calories 110	Calories from Fat 5	% DV*
Total Fat < 1 g	1 g	1%
Saturated Fat 0 g	0 g	0%
Trans Fat 0 g	0 g	†
Cholesterol 0 mg	0 mg	0%
Total Carbohydrate 0 g	0 g	0%
Dietary Fiber 0 g	0 g	0%
Sugars 0 g	0 g	†
Protein 25 g	50%	
Calcium 29 mg	4%	
Iron 4 mg	20%	
Sodium 225 mg	10%	
Total Isoflavones 29 mg	†	
(Genistin/genistein, Daidzin/daidzein, Glycitin/glycitein)		
Saponins > 200 mg	†	

† Daily Value not established.

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

Iso-Rich Soy™ is not a complete nutrient source and should not be used exclusively for weight loss. This product contains no added L-Tryptophan. Packaged by weight, not by volume. Use this product as a dietary supplement only.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
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Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

Use Iso-Rich Soy™ as a dietary supplement to increase your intake of protein and isoflavones.

### USAGE:

Mix 2 rounded tablespoons (approximately 29 g) of powder with 6 to 8 oz. of fruit juice, milk, or your favorite beverage, or you may:

- Blend powder with liquid, ice and fruits for smoothies.
- Mix into cold or cooked cereals.
- Add to soups, sauces, casseroles, meatballs, patties, baked items (bread, muffins, etc.) or frozen desserts.

**Ingredients:** Soy protein isolate (Non-GMO) and natural vanilla flavor. Also contains silicon dioxide (anti-caking agent) (in trace amounts).

**Contains:** Soy.

**Suitable for vegetarians/vegans.**

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts, no preservatives.

Does not contain artificial flavors, sweeteners or colors.

**This product contains naturally occurring phytoestrogens. Do not take more than 2 servings per day. Do not give to children under 12 years old.**



0315SOY PROD # 121009



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