

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 (+ Cystine) | 627 | 22 | 25 |
| Phenylalanine (+ Tyrosine) | 2145 | 74 | 63 |
| 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®

25 g Protein 29 mg Isoflavones per serving

Genistin/Genistein • Glycitin/Glycitein • Daidzin/Daidzein

ISO-RICH
SOY™

with Isoflavones

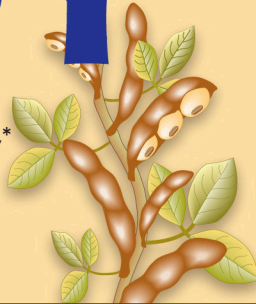
May be Beneficial for Cardiovascular Function,*
Menopausal Support* and Bone Health*

No Artificial Flavors or Sweeteners

NET WEIGHT

14 oz (400 g)
POWDER

DIETARY
SUPPLEMENT



Supplement Facts

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

| Amount Per Serving | | % DV* |
|--|---------------------|-------|
| Calories 110 | Calories from Fat 5 | |
| | | |
| Total Fat < 1 g | | 1% |
| Saturated Fat 0 g | | 0% |
| Trans Fat 0 g | | † |
| Cholesterol 0 mg | | 0% |
| Total Carbohydrate 0 g | | 0% |
| Dietary Fiber 0 g | | 0% |
| Sugars 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™
P.O. Box 35994
Los Angeles, CA 90035-4317
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.



03515SOY PROD # 121009



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