

SUGGESTED USAGE: Mix 1/3 cup of soy protein isolate powder daily into at least 8 oz. of water, milk or juice. Add fruit and ice, if desired, and blend.

NOW® Non-GMO 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 20 grams of soy protein.

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

Natural color variation may occur in this product.

CODE 2156B V6



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Soy Protein Isolate

Natural Unflavored

Non-GMO

**< 1 g of Carbs per serving
20 g of Soy Protein per serving
Net Wt. 1.2 lbs. (544 g)**



Nutrition Facts

Serving Size 1/3 Cup (approx. 24 g)
Servings Per Container about 23

Amount Per Serving

Calories 90 Calories from Fat 5

% Daily Value*

Total Fat	0.5 g	< 1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Potassium	80 mg	2%
Total Carbohydrate	< 1 g	< 1%
Dietary Fiber	< 1 g	3%
Sugars	0 g	
Protein	20 g	40%
Vitamin A	0%	Vitamin C 0%
Calcium	15%	Iron 15%

* 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

Ingredient: Soy Protein Isolate (IP, Non-GMO).

NOW FOODS, 395 S. Glen Ellyn Rd.
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Typical Amino Acid Profile (example) (per serving)**

Essential Amino Acids	mg Per 24 g Serving
L-Histidine	646
L-Isoleucine	830
L-Leucine	1805
L-Lysine	1303
L-Methionine	302
L-Phenylalanine	929
L-Threonine	691
L-Tryptophan	360
L-Valine	974
Non-Essential Amino Acids	
L-Alanine	845
L-Arginine	1589
L-Aspartic Acid	2474
L-Cysteine	634
L-Glutamic Acid	3965
Glycine	814
L-Proline	1066
L-Serine	1092
L-Tyrosine	756

** subject to natural variability

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

Vegetarian/Vegan Product.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Please Recycle.

