

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®

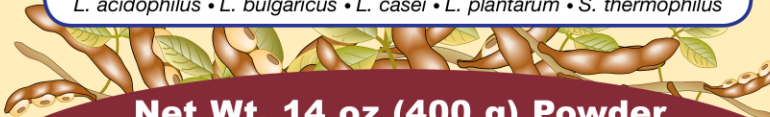
Fermented SOY ESSENCE®

Rich in Calcium & Magnesium Superior Absorption

Predigested

with Digestive Enzymes and Isoflavones

Fermented with Probiotic Bacteria
L. acidophilus • *L. bulgaricus* • *L. casei* • *L. plantarum* • *S. thermophilus*



Net Wt. 14 oz (400 g) Powder Dietary Supplement



- Jarrow FORMULAS® Fermented Soy Essence®** utilizes organic soy milk that is fermented (predigested) using the best of the probiotic bacteria, including *L. acidophilus*, *L. bulgaricus*, *L. casei*, *L. plantarum* and *S. thermophilus*.
- The cell wall contents and metabolites of the beneficial bacteria used for fermentation promote optimal immune function and intestinal health.*
 - The **fermentation of soy** improves the digestibility of soy protein. **Isoflavone** bioavailability is enhanced, due to the ability of these beneficial bacteria to convert the isoflavones to more absorbable forms.*
 - Predigestion** makes **Fermented Soy Essence®** superior to ordinary soy protein.
 - Calcium**, added during fermentation, is converted to the soluble lactate form, thereby improving absorption of the calcium. Each serving of **Fermented Soy Essence®** provides 400 mg soluble calcium, balanced with 200 mg magnesium, for increased benefit in preserving and maintaining bones.* Additionally, replacing animal protein with soy protein has been shown to reduce bone calcium loss.*
 - Folic acid** and **Selenium** support healthy cell replication.*
 - Bromelain** and **Papain**, enzymes from pineapple and papaya, further assist protein digestion.
 - Fermented Soy Essence®** is **Non-GMO** (Non-Genetically Modified Organisms).
 - Soy Protein and Heart Disease: Consumption of 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.**

Keep out of the reach of children.

One serving of **Fermented Soy Essence®** provides 11 grams of soy protein.
 Delicious & All Natural • Nature's Best Soy Protein

* 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:

Supplement Facts		
Serving Size 2 Rounded Tbsp. (29 g)		
Servings Per Container 14		
	Amount Per Serving	% DV*
Calories	130	
Calories from Fat	50	
Total Fat	6 g	9%
Saturated Fat	1 g	4%
Sodium	15 mg	1%
Total Carbohydrate	8 g	3%
Dietary Fiber	4 g	16%
Sugars	2 g	
Protein	11 g	22%
Folic Acid	75 mcg	18%
Calcium (as calcium lactate)	400 mg	40%
Magnesium (as citrate)	200 mg	50%
Selenium (from selenomethionine)	15 mcg	21%
Total Isoflavones (naturally occurring)	45 mg	†

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

Ingredients: Organic soy milk yogurt (fermented with *L. acidophilus*, *L. bulgaricus*, *L. casei*, *L. plantarum*, *S. thermophilus*, apple pectin, L-selenomethionine, folic acid and L-methionine), magnesium citrate, bromelain, papain, natural flavor, Fibersol®-2 (resistant maltodextrin), lecithin (Non-GMO), Lo Han Guo (*Momordica grosvenorii*, natural fruit extract) and silicon dioxide (anti-caking agent).

Contains: Soy.
 100% natural. No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts, no preservatives.
 Suitable for vegetarians/vegans.

Use **Fermented Soy Essence®** as a dietary supplement to increase intake of protein, soy phytonutrients, calcium and magnesium.

USAGE:
 Mix 2 rounded tablespoons (28.5 g) of powder with 6 to 8 oz. 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.

NOTE: Cooking this product can inactivate the digestive enzymes present.

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.

Do not use for weight reduction.

Use this product as a dietary supplement only.

This product is packaged by weight, not by volume.

Distributed Exclusively by:
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 Superior Nutrition and FormulationSM
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