

Isoflavones



What is an isoflavone?

Isoflavones (I-soh-FLAY-vones) are naturally occurring compounds found most prominently in soybeans. Much of the enormous amount of research conducted on soy foods over the past 30 years is because of the isoflavone content of soybeans. Isoflavones are commonly classified as phytoestrogens, or plant estrogens. However, they differ from the hormone estrogen in multiple ways.^{1,2}



Health Benefits



Cancer Prevention

Research indicates that isoflavones may play a role in reducing the risk of hormone-related cancers, such as breast and prostate cancer. Some evidence indicates soy reduces risk of developing breast cancer when consumed during childhood and adolescence.^{1,2}



Heart Health

Although not all studies agree, research suggests that isoflavones improve the health of the cells that line the arteries, which could reduce risk of developing coronary artery disease.³



Healthy Aging

Studies suggest that isoflavones reduce bone loss in women as they transit through menopause. The hot flashes that many of these women experience may also be reduced by as much as 50 percent. As an added bonus, isoflavones have been shown to improve skin health, including a reduction in wrinkle severity.^{1,2}

Recommended Amounts⁴



Edamame
1/2 cup (75g)
34.6mg Isoflavones
9.9g Protein



Tofu
3 oz (85g)
28mg Isoflavones
8g Protein



Soy milk
1 cup (244g)
29.1mg Isoflavones
8.32g Protein



Tempeh
3 oz (85g)
63mg Isoflavones
18g Protein



Soy Protein Bar
1 bar (45g)
11mg Isoflavones
11g Protein



Soy Protein Powder
1 scoop (23g)
20mg Isoflavones
20g Protein

**Isoflavone amounts can vary based on variety and preparation. Generally, each gram of soy protein in traditional soy foods delivers approximately 3.5mg of isoflavones while some modern soy foods have 1–3mg isoflavones per gram of protein.*

Sources: 1. <https://sniglobal.org/health-professional-guide/>; 2. <https://sniglobal.org/publications/effect-of-soy-isoflavones-on-measures-of-estrogenicity-a-systematic-review-and-meta-analysis-of-randomized-controlled-trials/>; 3. <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7728657/>; 4. USDA FoodData Base