



Soy - <i>Glycine max</i>	
Description	Soya is the most important dietary source of isoflavones, which are compounds naturally present in plants that are biologically active in the human body. The main isoflavones found in soya are daidzein and genistein. Soybeans are also comprised of other nutrients including unsaturated fats, carbohydrates, saponins, phospholipids, lecithin, protease inhibitors, phytates, trypsin inhibitors, and a variety of vitamins and minerals ²
Function & Use¹	Isoflavones have been investigated for a potential role in CVD, cancer, osteoporosis and menopausal symptoms.
Dietary Sources	Soya can be eaten as soya beans, soya bean curd (tofu), miso, soya milk, soya flour, or textured vegetable protein (TVP). Daidzein is a soy isoflavone and can also be found in other plants including <i>Trifolium pratense</i> (red clover).
Commercial Availability & Dosage	An intake of 50 - 120 mg isoflavones a day is thought to be needed for therapeutic effects.
Precautions / Contra-Indications	Soy products are not recommended to be consumed by babies and infants. Use with caution in individuals at risk of hormone-dependent cancers, i.e. breast cancer.
Pregnancy & Breastfeeding¹	No problems have been reported, but there have not been sufficient studies to guarantee the safety of isoflavones in pregnancy and breast-feeding. Because of their hormonal effects, isoflavones are probably best avoided.
Adverse Effects	None known.
Interactions¹	None reported.
References	<ol style="list-style-type: none"> 1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Liu K. <i>Soybeans: Chemistry, Technology and Utilization</i>. New York, NY: Chapman & Hall; 1997:1-4, 48-49, 64-69, 83-92, 446-447