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.

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** (**P**rotein **D**igestibility **C**orrected **A**mino **A**cid **S**core): 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™
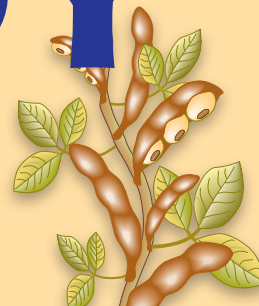
with Isoflavones

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 Tablespoons (Approx. 29 g)
Servings Per Container 14

	Amount Per Serving	% DV
Calories	110	
Calories from Fat	5	
Total Fat	0.5 g	<1%†
Saturated Fat	0 g	0%
Trans Fat	0 g	††
Cholesterol	0 mg	0%
Total Carbohydrate	1 g	<1%†
Dietary Fiber	1 g	4%†
Sugars	0 g	††
Protein	25 g	50%
Calcium	40 mg	4%
Phosphorus	200 mg	20%
Sodium	260 mg	11%
Total Isoflavones (Genistin/genistein, Daidzin/daidzein, Glycitin/glycitein)	29 mg	††
Saponins	>200 mg	††

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
†† Daily Value not established.

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.

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.

vegan ✓

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