

SOY GENISTEIN ISOFLAVONE 1000™

Soy's Secret for Women's Health

For most of human history, we existed in a world very different from the one today. Our endocrine system evolved in an environment without synthetic chemicals. Unfortunately, today we're surrounded by artificial hormone-mimicking compounds which disrupt the subtle biological processes that determine growth and reproduction. Receptors on our cells meant to receive natural bodily hormones can also accept molecules other than the ones they were intended to receive, placing our endocrine systems under considerable duress.



Fortunately, certain plants contain estrogen-like compounds that are also accepted by hormone receptors in the human body—but with beneficial effects. Soybean is one of the plants containing the isoflavone genistein, which can help regulate and maintain normal menstrual cycles and menopausal transitions. In addition, it provides a wide variety of the many health benefits associated with soy. Planetary Formulas SOY GENISTEIN ISOFLAVONE 1000 is a concentrated form of the essence of the soybean.

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The Secret of Soy

Not surprisingly, it was Ben Franklin who first introduced America to soybeans. Always on the lookout for beneficial imports, he was intrigued by the soybean cheese he saw in England. Today, tofu and other soy products are gaining popularity here in the West, in good part due to the reported benefits to populations that consume a considerable amount of soy products.

Some researchers have postulated that the high intake of soy foods by Asians may be a key factor in their low incidence of certain health problems that are common in the West. For example, epidemiological studies show that women in Asia have a higher occurrence of normal trouble-free menopause.

The high concentrations of phytonutrients in soy include phytosterols and *isoflavones*—an important class of bioflavonoids whose properties have been well researched. Of the seven isoflavones in soybeans, the most active are reportedly *genistein* and *daidzein*. Planetary Formulas **SOY GENISTEIN ISOFLAVONE 1000** contains over 15 mg of genistein, 65 mg of daidzein, and 125 mg of total isoflavones per four 1000-mg tablets.

Genistein and Estrogen

The subject of scientific studies since 1966, genistein research has been published in many respected journals. In vitro, genistein has been shown to bind to the same receptor sites as estrogen. This may help to maintain normal menstrual cycles and menopausal transitions by two competing and seemingly paradoxical actions. By competing for human estrogen receptors, genistein may reduce the effects of estrogen in the body. Conversely, when there is too little estrogen (the situation during menopause), phytoestrogens—genistein and daidzein—may substitute for the lack of human estrogen, mitigating the effects of its absence.

Genistein and Cell Growth

One of genistein's most promising functions is its potential to inhibit capillary proliferation. According to studies done in vitro, genistein protects tissues by neutralizing *vascular endothelial* growth factor (vegF).

Soybeans are the only significant dietary source of genistein; however, most Americans fail to consume soy foods in significant amounts. In Asia, the daily intake can be up to 20 times that of a Western diet.

Pure Maximum Potency

Planetary Formulas **SOY GENISTEIN ISOFLAVONE 1000** is made from the germ of isoflavone-rich soybeans, using a *chemical-free* process that yields a consistent standardized isoflavone content. It requires approximately 400 pounds of soybeans to yield just one pound of finished product. With **SOY GENISTEIN ISOFLAVONE 1000**, Planetary Formulas brings the remarkable properties of a time-honored food plant into your wellness program today.

References

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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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