

No Artificial Color, Flavor or Sweetener,
No Preservatives, No Sugar, No Starch,
No Milk, No Lactose, No Gluten,
No Wheat, No Yeast, No Fish.



SOY PROTEIN ISOLATE POWDER

- ACTIVE ISOFLAVONES GENISTEIN, DAIDZEIN & GLYCITEIN
- VEGETARIAN FORMULA • LOW FAT • GLUTEN FREE
- ASPARTAME-FREE

0g
CARBS



(See Side Panel)

NATURAL UNFLAVORED

NET WT. 32 oz. (2 LB) (908 g)

NOTICE: Use this product as a food supplement only.
Do not use for weight reduction.



SOY PROTEIN ISOLATE POWDER

Nutrition Facts

Serving Size 1 Scoop (28 g)	
Servings Per Container about 32	
Amount Per Serving	
Calories 110	Calories from Fat 10
%Daily Value**	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Potassium 45mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	48%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 20%
Phosphorus 20%	Zinc 6%
Copper 10%	Molybdenum 20%

**Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Isolated Soy Protein, Soy Lecithin.

Contains soy ingredients.

Puritan's Pride® supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

DIRECTIONS: (Shake the can before each use.) For adults, take one (1) scoop (28 g) as a food, blended with low-fat milk, vegetable juice of your choice or any low-calorie flavorings or extracts. It is excellent when added to soup.

*Diets low in saturated fat and cholesterol that include 25 grams of soy protein per day may reduce the risk of heart disease. One serving of Pure Soy Protein Isolate Powder provides 24 grams of soy protein in a low-fat formula.

Soy Protein Isolate Powder also includes the soy isoflavone metabolites genistein, daidzein and glycitein plus essential amino acids from protein and minerals for well-balanced nutritional value. Especially recommended for vegetarian and vegan diets, which may not provide sufficient protein, Soy Protein Isolate Powder is an ideal source of this essential nutrient.

Typical Soy Isoflavone content per serving:

Total Isoflavones	50 mg
Genistein	31 mg
Daidzein	16 mg
Glycitein	3 mg

Enjoy the benefits of our low-fat soy protein powder by mixing with milk or your favorite beverage for a great-tasting, protein-packed, convenient drink.

Soy Protein Isolate Powder
Cholesterol Free Food.
Add to Milk, Juices, and Other Foods
for Extra Calories or Protein
Great Source of Protein for Vegetarians

Typical Amino Acid Profile
per serving:

L-Alanine	1,033 mg
L-Arginine	1,826 mg
L-Aspartic Acid	2,787 mg
L-Cysteine	312 mg
L-Glutamic Acid	4,590 mg
L-Glycine	1,009 mg
***L-Histidine	625 mg
***L-Isoleucine	1,177 mg
***L-Leucine	1,970 mg
***L-Lysine	1,514 mg
***L-Methionine	312 mg
***L-Phenylalanine	1,250 mg
L-Proline	1,225 mg
L-Serine	1,250 mg
***L-Threonine	889 mg
***L-Tryptophan	336 mg
L-Tyrosine	913 mg
***L-Valine	1,201 mg

***Essential Amino Acids

Contents are sold by weight. Some settling may occur.

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WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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www.puritan.com
1-800-645-1030

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