



No Artificial Color or Sweetener,
No Preservatives, No Sugar, No Milk,
No Lactose, No Fish.

Item No. 6141

SOY PROTEIN INSTANTIZED POWDER

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

0g
CARBS



(See Side Panel)

VANILLA FLAVOR
NATURAL & ARTIFICIAL FLAVORS

NET WT. 16 oz. (453 g)

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



Supro
A SOURCE OF SOY

SOY PROTEIN INSTANTIZED POWDER

Nutrition Facts

Serving Size 1 Scoop (20 g)
Servings Per Container about 23

| Amount Per Serving | | Calories from Fat 10 | |
|---|-----------|----------------------|---------|
| | | %Daily Value** | |
| Calories 80 | | | |
| Total Fat 1g | | 2% | |
| Saturated Fat 0g | | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | 0% | |
| Sodium 200mg | | 8% | |
| Potassium 35mg | | 1% | |
| Total Carbohydrate 0g | | 0% | |
| Dietary Fiber 0g | | 0% | |
| Sugars 0g | | | |
| Protein 17g | | 34% | |
| Vitamin A 0% | | Vitamin C 0% | |
| Calcium 2% | | Iron 10% | |
| Phosphorus 10% | | Copper 6% | |
| **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: Soy Protein Isolate, Soy Lecithin, Egg Albumin, Brewer's Yeast, Natural and Artificial Flavors, Bromelain, Papain.

Contains egg, wheat and 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 can before each use). For adults, take one (1) scoop (20g) as a food, blended with low fat milk, fruit or vegetable juice of your choice, or any low calorie flavoring or extract.

*Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of Soy Protein Isolate Powder provides 17 grams of soy protein.

Typical Soy Isoflavone content per serving:

| | |
|--------------------------|--------------|
| Total Isoflavones | 34 mg |
| Genistein | 18 mg |
| Daidzein | 12 mg |
| Glycitein | 4 mg |

Our Protein Powder provides important nutrients the body needs every day for good health. It supplies the essential amino acids in a food supplement low in fats. This product is high in protein of superior nutritional value derived from Soy Protein Isolate, which is highly nutritional and essentially bland.

Soy Protein Powder can be used as a low-fat source of protein for your individual diet program. This product should not be used as a meal replacement.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. 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 pull ring under cap is damaged or broken.

Amino Acids (approximate values) per serving (20 g):

| | |
|---------------------|----------|
| L-Alanine | 734 mg |
| L-Arginine | 1,291 mg |
| L-Aspartic Acid | 1,973 mg |
| L-Cysteine | 222 mg |
| L-Glutamic Acid | 3,246 mg |
| L-Glycine | 714 mg |
| ***L-Histidine | 442 mg |
| ***L-Isoleucine | 834 mg |
| ***L-Leucine | 1,396 mg |
| ***L-Lysine | 1,073 mg |
| ***L-Methionine | 223 mg |
| ***L-Phenylalanine | 866 mg |
| L-Proline | 867 mg |
| L-Serine | 887 mg |
| ***L-Threonine | 631 mg |
| ***L-Tryptophan**** | 238 mg |
| L-Tyrosine | 646 mg |
| ***L-Valine | 853 mg |

***Essential Amino Acids

****L-Tryptophan is naturally occurring, not added.

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TO REORDER ITEM #6141
www.puritan.com
1-800-645-1030

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