



Phyto-Soy

Stock #4980-9 (100 capsules)

Phyto-Soy is a standardized powdered soy extract rich in phytonutrients known to possess anti-cancer properties. NSP employs a carefully controlled process to guarantee standardized amounts of active ingredients. Phyto-Soy provides 48 times more isoflavonoids than comparable amounts of tofu, and even more than tempeh and roasted soybeans.

Research shows soy contains isoflavones, powerful antioxidants which provide special hormone-mimicking actions. Soy isoflavones have been shown to block hormone receptor sites, thus inhibiting the formation of hormone-dependent cancers such as breast, cervical, ovarian and prostate cancer. Isoflavones have also been shown to stop and even reverse the growth of these cancers. Scientific studies have identified that soy isoflavones actually reduce the effect of testosterone by blocking the cells' hormone receptor sites. Since prostate cancer is stimulated by testosterone, preventing this hormone from binding with receptor cells in effect, halts the growth of cancerous cells.

Other studies suggest the hormone-like action of isoflavones may alleviate some side effects associated with menopause and may slow the development of osteoporosis. Research conducted at the University of Illinois has shown that 40 grams of daily soy intake contributes to markedly higher bone density. Furthermore, scientists from the University of Kentucky have found that soy phytoestrogens actually facilitate new bone growth.

Recent scientific studies show promising results using soy isoflavones to prevent hair loss. Research shows men who lose hair have high levels of testosterone in their bodies. Current medical treatment consists of giving men progesterone injections to reduce the absorption of testosterone; unfortunately, since progesterone is a female hormone, many men suffer feminine-like side effects. In contrast, soy isoflavones are known to bind to testosterone receptor sites inhibiting the absorption of testosterone without side effects. There is no known toxicity for soy or soy isoflavones.

Genistein is one soy isoflavone which has attracted much scientific attention. Genistein has been shown to prevent cancer in a petri dish, as well as curb the development of tumors by inhibiting the growth of new blood vessels which feed growing tumor cells—a process known as angiogenesis. Research indicates genistein is a “specific inhibitor” of the enzyme tyrosine kinase, which promotes tumor cell growth.

Genistein is also a powerful antioxidant and has been shown to convert complex cancer cells into simple, inactive cells posing no health threat. Diets rich in soy, providing high blood levels of genistein, have been shown to lower breast and prostate cancer. In fact, an article published in *Lancet* noted that researchers concluded life-long high plasma levels of genistein appear to significantly reduce the growth of cancerous cells, actually preventing the development of clinical disease.

Genistein may even prevent the buildup of plaque on arterial walls, thus reducing the risk of atherosclerosis, coronary artery disease, and coronary heart disease. Furthermore, according to research published in the *Journal of Nutrition*, soy isoflavones have been shown to reduce LDL cholesterol. Scientists at the University of Illinois found that as little as 50 grams of soy protein added to the daily diet effected a reduction in LDL cholesterol of 11.5% and decreased total cholesterol by 12%.

Recent research suggests soy isoflavones may also reduce thrombin activity which is associated with rheumatoid inflammatory responses.

Soy is the only vegetable containing all 8 essential amino acids, making it a complete protein. Soy is also rich in vitamin B, calcium and the essential fatty acids, linoleic and linolenic. Studies show soy lowers cholesterol very effectively.

Chinese physicians have used soy throughout history for arthritis, blurred vision, burns, dizziness, headache, leg ulcers, poisoning (from drugs), profuse sweating, and sore throat.

Compared to equal amounts of soy, NSP's Phyto-Soy provides up to 48 times more genistein than tofu; 25 times more genistein than tempeh; and 10 times more genistein than roasted soybeans.