



## SynerProtein®

Stock #3025-0 (525 grams)

SynerProtein is a low-fat soy protein supplement that provides high-quality, certified non-GMO (genetically-modified organism) soy protein, combined with healthy vitamins, minerals and dietary fiber. SynerProtein also contains the unique SynerPro Concentrate of cruciferous vegetables and citrus fruits, which provide a rich source of nutrients with proven antioxidant and anti-cancer benefits. SynerProtein is suitable for vegetarians and is gluten-free and yeast-free. Each serving of SynerProtein contains:

**Soy protein isolate** provides a complete protein (a protein that contains all essential amino acids) that is low in saturated fat and high in nutritional quality. Soy also provides the health benefits of dietary fiber, as well as phytoestrogens (plant estrogens) called isoflavones—research indicates that soy isoflavones are beneficial for cancer, cardiovascular disease, obesity and osteoporosis. Soy protein isolate has been shown to have beneficial effects on cardiovascular health, especially in terms of lowering LDL cholesterol levels, with larger reductions observed among

hypercholesterolemic subjects than in those with normal cholesterol levels. In addition, a review of 9 randomized, controlled trials found that soy protein isolate significantly reduced diastolic blood pressure and lowered LDL cholesterol. Additional preliminary studies suggest that soy protein isolate may help reduce the risk of colorectal and prostate cancer. Furthermore, the U.S. Food & Drug Administration has approved the health claim that eating 25 grams of soy protein daily may reduce the risk of coronary heart disease.<sup>1-11</sup>

**Fructooligosaccharides (FOS)** are naturally-occurring simple carbohydrates found in Jerusalem artichokes, asparagus, chicory root, garlic and onions. FOS are neither digested nor absorbed by humans; instead, they encourage the growth of bifidobacteria—one of several beneficial strains of colonic bacteria—and discourage the growth of most undesirable bacteria in the colon. Regular intake of foods rich in FOS may help reduce the risk of colon cancer. In addition, research indicates that FOS may also help calcium absorption.<sup>12-15</sup>

**Medium chain triglycerides (MCT)** are fatty acids derived from coconut oil that are absorbed more quickly than long-chain triglycerides (LCT) from seed oils. MCT supply the body more rapidly with energy, helping to conserve protein in muscle tissues. Research indicates that MCT promote a greater energy expenditure, may result in faster satiety, and facilitate weight control when included in the diet as a replacement for fats containing LCT.<sup>16-18</sup>

**dl-Methionine** - Although soy protein is a complete protein, it contains lower levels of the sulfur-based amino acid methionine than animal protein. Thus, soy protein is typically supplemented with methionine to increase its biological value—a measurement of how readily a protein source is broken down and used in protein synthesis in the cells. Insufficient methionine negatively impacts selenium metabolism resulting in less selenium available for the production of glutathione, one of the body's most important antioxidants, especially in terms of liver detoxification. Methionine also acts as an antioxidant itself and is essential for optimal cardiovascular, nervous and skeletal system functioning.<sup>13,19-22</sup>

**Lecithin** (from soy) increases blood levels of choline and is used to synthesize acetylcholine, which aids concentration, memory and bipolar depression. Lecithin has also demonstrated cholesterol-lowering effects in both animals and humans with hyperlipidemia (elevated blood fats), which is a significant risk factor for cardiovascular disease.<sup>13,23</sup>

**SynerPro Concentrate** is a proprietary blend of citrus fruits and cruciferous vegetables that provide a rich source of powerful antioxidants, cancer-fighting nutrients, and important vitamin and minerals, including calcium, magnesium, beta-carotene, vitamin C and vitamin K. The SynerPro Concentrate contains broccoli, carrot, red beet, rosemary, tomato, turmeric, cabbage, grapefruit and orange bioflavonoids, and hesperidin (a bioflavonoid).<sup>24-29</sup>

### References:

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