

Health Basics

- Naturally low glycemic
- 24 grams of soy protein per serving
- Dairy free†
- Vegan

Did You Know?

- You can add **SoyaMax** to your baked goods or sprinkle on cereal!

*Like animal protein, soy protein provides all the essential amino acids. However, it contains very little fat and no cholesterol. Amino acids are the basic building blocks of muscle. Therefore, protein is essential for maintenance, repair, and growth of lean muscle. Naturally low glycemic, **SoyaMax™** soy protein drink mix is an outstanding source of low-fat, cholesterol-free, vegetarian protein and is easily digestible.*

Soy and Heart Health

Cardiovascular disease is the leading cause of death in the United States, with a death occurring every 36 seconds, or more than 2,300 every day. Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.¹ A single serving of **SoyaMax** supplies 24 grams of soy protein.

Soy Isolate Benefits

SoyaMax is formulated with soy protein isolate, which contains small amounts of many essential minerals, as well as other important compounds such as isoflavones. Isoflavones may support bone health by retaining calcium.^{2,3*}

SoyaMax can also be added to cereals, baked goods, soups, and sauces to fortify the protein content.

References

1. Henkel J. FDA Consumer (www.fda.gov/fdac/features/2000/300_soy.html) May-June 2000.
2. Kanazawa T, et al. J Nutr 1995;125(3 Suppl):639S-646S.
3. Brestlau NA, et al. J Clin Endocrinol Metab 1988;66:140-06.



ITEM# 200

SoyaMax™

DIRECTIONS: Add one (1) or two (2) scoops to 8 oz. of mixed Nutrimeal™, Fibergy®, juice, or your favorite beverage.

Nutrition Facts	
Serving Size: 2 scoops 29g	
Servings Per Container: 14	
Amount Per Serving	
Calories	110
Calories from Fat	10
% Daily Value*	
Total Fat 1.5 g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Potassium 20mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 24g	50%
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	15%
Folate	20%
Phosphorus	25%
Magnesium	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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, Natural Vanilla Flavors, Natural Banana Flavors

Contains: Soy

Produced on equipment that also processes Wheat, Milk, Peanuts, Tree Nuts, Eggs, Sesame, and Shellfish.

†For our customers with sensitivity to dairy and gluten, no dairy or gluten ingredients are in this product. However, SoyaMax is produced in a facility that manufactures other products that do contain dairy and gluten.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.