

VITAVONOIDE®

Soy isoflavones



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 **VitaeNaturals**
MANUFACTURERS OF WELLNESS

VITAVONOIDE®

Soy isoflavones

Isoflavones are natural plant phytonutrients occurring predominantly in soy, and belong to a class of compounds known as phytoestrogens. Soy isoflavones contain three active compounds: genistein, daidzein and glycitein, being the most beneficial genistein and daidzein.

Several studies have indicated that isoflavones are preferably absorbed in the aglycones form due to its high liposolubility and lower molecular weight. Glycosides are metabolized by intestinal microflora and converted to the aglycone form before the absorption in the gut.

The principal source of isoflavones in the human diet is soy, however isoflavones are also found in mug beans, red clover and peanuts. In plants, isoflavones predominantly exist in the form of glycosides.

AGLYCONES: Daidzein, Genistein, Glycitein

GLYCOSIDES: Daidzin, Genistin, Glycitin

HEALTH BENEFITS

“Consumption of 30 mg/day of soy isoflavones (or at least 15 mg genistein) reduces hot flashes by up to 50%.”

Kurzer MS. *Soy consumption for reduction of menopausal symptoms*. Inflammapharmacology. 16(5):227-9, 2008

“...isoflavone supplementation may produce a slight to modest reduction the number of daily flushes in menopausal women and that the benefit may be more apparent in women experiencing a high number of flushes per day”.

Howes LG et al, *Isoflavone therapy for menopausal flushes: a systematic review and meta-analysis*. Maturitas. 55(3):203-11, 2003

“The soy isoflavones extract exerted favorable effects on vasomotor symptoms and good compliance, providing a safe and effective alternative therapeutic for postmenopausal women.”

Nahas EA et al. *Efficacy and safety of a soy isoflavone extract in postmenopausal women: a randomized, double-blind, and placebo-controlled study*. Maturitas. 58(3):249-58, 2007

Clinical studies have shown soy isoflavones' health benefits consuming 40-80 mg/day in aglycones form.

Vitae Naturals offers **Vitavonoide®** in a variety of forms to fit our customers' needs:

	Vitavonoide® F-40 A	Vitavonoide® F-40 G (soya meal)	Vitavonoide® F-40 G (soya germ)
Daidzin		8-16%	19-25%
Daidzein	9-23%		
Genistin		21-29%	0-5%
Genistein	5-34%		
Glycitin		0.5-4%	7-13%
Glycitein	0-14%		
Total	40%	40%	40%

Soy isoflavones are a powder product, which can be used singly or in combination with other ingredients. They are suitable for different applications: food supplements, beverages, vegetarian ready meals, bars, dairy products, breakfast cereals, drinks, soy milk and soup mixes. Other use refers to topical cosmeceutical market due to elasticizing and toning properties.

Vitae Naturals' **Vitavonoide®** range is produced under ISO9001 standards and food regulation standards.