

- Contains 24 grams of non-GMO soy protein per serving
- Provides basic building blocks of muscle
- Naturally low glycemic



ITEM# 200

Mild Vanilla SOYAMAX™

Like animal protein, soy protein provides all the essential amino acids to help build and repair body tissues, as well as build antibodies. However, it contains very little fat and no cholesterol. Therefore, soy protein is a beneficial nutrient for maintenance, repair, and growth of lean muscle. Naturally low glycemic, SOYAMAX™ is an outstanding source of low-fat, cholesterol-free, vegetarian protein, and is easily digestible.

### SOYAMAX™ AND HEART HEALTH

SOYAMAX is formulated with soy protein isolate, which contains small amounts of many essential minerals. With one of the highest concentrations of soy protein available today, a single serving of SOYAMAX supplies 24 grams of soy protein.

Most modern societies compromise their health by relying too heavily on animal protein as their principal source of protein. However, the epidemic of obesity has resulted in a renewed emphasis towards consuming a more healthy, plant-based diet. Because soy protein contains no cholesterol and is very low in calories and fat when compared to equal portions of animal protein, it is an excellent protein source to include as part of an overall healthy diet.

Many of soy's benefits also come from its numerous phytochemicals. These compounds include protease inhibitors and saponins. Other important nutrients in soy are phytosterols and phenolic acids.<sup>1</sup>

### Nutrition Facts / Valeur nutritive

Per 29 g (2 scoops) / par 29 g (2 mesures)

Amount / Teneur	% DV* / % VQ*
<b>Calories / Calories</b> 110 (460 kJ)	
<b>Fat / Lipides</b> 1 g	<b>2 %</b>
Saturated / saturés 0 g	<b>0 %</b>
+ Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 240 mg	<b>10 %</b>
<b>Potassium / Potassium</b> 360 mg	<b>10 %</b>
<b>Carbohydrate / Glucides</b> 1 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 1 g	<b>0 %</b>
<b>Protein / Protéines</b> 24 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	30 %
Folate / Folate	25 %
Phosphorus / Phosphore	20 %
Zinc / Zinc	10 %

\*DV = Daily Value / VQ = Valeur Quotidienne

INGREDIENTS: Soy protein isolate, Natural flavours

INGRÉDIENTS : Isolat de protéine de soya, saveurs naturelle

A healthy diet low in saturated and trans fats may reduce the risk of heart disease. SOYAMAX is free of saturated and trans fats.

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

CONTAINS: Soybean and is produced on equipment that is used to produce products that contain Peanuts, Tree Nuts, Eggs, Sesame, and Shellfish.

#### References

1. Friedrich JA. Altern Comp Ther 1997;3:53-57.