



Soyfoods' protection from osteoporosis-related fractures is similar to that noted for estrogen therapy.^[9]



21-26%

Amount that a meta-analysis found that isoflavones reduced the frequency and severity of hot flashes per day compared to a placebo group.^[6]

Soyfoods appeal to postmenopausal women because they are **rich sources of isoflavones**.

Isoflavones exhibit estrogen-like effects under certain experimental conditions and are posited to **reduce risk of coronary heart disease,^[1] osteoporosis^[2] certain forms of cancer,^[3]** and alleviate menopause-related hot flashes.^[4]



Soy intake also protects against osteoporosis. In two prospective epidemiologic studies, risk was **reduced by approximately one-third** when women in the highest soy intake quintile or quartile were compared to women in the lowest.

Soyfoods potentially offer protection against heart disease through several different mechanisms, **reducing risk of coronary heart disease by 8-16%**.^[5]



15%

Amount that a meta-analysis of 11,206 breast cancer patients found that post-diagnosis soy intake was **associated with reductions in mortality**.^[7]

Soyfoods can be safely consumed by breast cancer patients^[8]



21%

Amount that a meta-analysis of 11,206 breast cancer patients found that post-diagnosis soy intake was **associated with reductions in recurrence**.^[7]

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