

PLANT PHYTOESTROGENS (ISOFLAVONES) AND ESTROGEN



WHAT IS ESTROGEN?

A hormone produced by both women and men¹



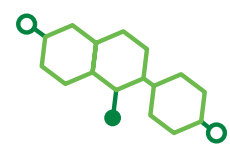
WHAT IS PHYTOESTROGENS?

Naturally occurring compounds in plants that share some similarities with estrogen



WHAT IS ISOFLAVONES?

A type of phytoestrogen that is found in many plants, but especially soybeans²



WHY ARE ESTROGEN & ISOFLAVONES DIFFERENT

Isoflavones bind to estrogen receptors in cells in a manner that differs from the way estrogen does³

QUICK FACTS

1

Soy foods do not contain human estrogen

2

Soybean isoflavones differ in multiple ways from human estrogen⁴

3

Isoflavones may be protective against breast cancer⁵⁻⁶

4

Isoflavones have no effect on the uterus or endometrium⁷⁻⁹

5

Isoflavones do not lower testosterone in men, and do not affect sperm or semen¹⁰⁻¹¹



Visit [SoyConnection.com](https://www.soyconnection.com) for more information on soy health

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