**Differentiating between PLANT PHYTOESTROGENS (ISOFLAVONES) AND ESTROGEN**

### WHAT IS ESTROGEN?
A hormone produced by both women and men.

### WHAT ARE PHYTOESTROGENS?
Naturally occurring compounds in plants that share some similarities with estrogen.

### WHAT ARE ISOFLAVONES?
A type of phytoestrogen that is found in many plants, but especially soybeans.

### WHY ARE ESTROGEN & ISOFLAVONES DIFFERENT?
Isoflavones bind to estrogen receptors in cells in a manner that differs from the way estrogen does.

### QUICK FACTS

1. **Soyfoods do not contain human estrogen**
2. **Soybean isoflavones are not the same as human estrogen**
3. **Isoflavones may be protective against breast cancer**
4. **Isoflavones have no effect on the uterus**
5. **Isoflavones do not lower testosterone in men, and do not affect sperm or semen**

Visit SoyConnection.com for more information on soy health.

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