

# Soybeans Contain Isoflavones



## Fast Facts about Isoflavones

- Isoflavones are one of five chemical classes of anticarcinogens found in soy.
- Soyfoods are the only significant natural dietary source of isoflavones.
- Research shows isoflavones may prevent the onset of osteoporosis and may protect against various forms of cancer.



*Here's to getting well and living well!*

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