Soy Info

Edamame – Soy Protein – Fermented vs. non fermented - Soy Isolates

Edamame is the name given to the very tender pods of soy, when they are still very green. This is a link to the composition of Edamame: http://ndb.nal.usda.gov/ndb/foods/show/3013 They are about 10% protein, about 5% fat. This is not what is used to make proteins like we use in our Complete; our protein comes from fully grown, **mature seeds,** which contain quite a bit more protein (30% - 35%). So we clarify that first, we do not have Edamame anywhere in our product, we have soy protein. To create soy protein you take soy and remove the oil and the carbs with water or heavy alcohol, and the result of that is a "soy isolate", which is 80 – 90% very high quality protein. JP+ does NOT use anything but pure clean water to remove the oil and carbs.

The reason that this theory about soy having to be fermented does not make sense is because it is bogus! Go to any real scientific, authoritative source and you will never even see it mentioned. But that does not stop quacks from talking about it like it was the absolute truth.

Let me give a few resources; the International Food Information Council (IFIC) has a website called Food Insight. This website is supported by some of the best universities, and one of my Doctoral Committee professors turned me to it. They have a great monograph on soy. http://www.foodinsight.org/Resources/Detail.aspx?topic=Functional_Foods_Fact_Sheet_Soy

"Incorporating soy protein-rich foods into the diet is beneficial in helping to reduce LDL-cholesterol and thus the risk of cardiovascular disease. The FDA has approved the following health claim for soy protein and reduced risk of heart disease: "Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease." Soy protein also may help maintain bone mass in women. A modest reduction in the severity of "hot flashes" commonly associated with menopause may be attributed to soy protein with higher levels of soy isoflavones. Emerging science appears to show that soy protein may also play a role in weight management and soy components, including isoflavones, may have additional health effects with improved arterial health and a reduction in oxidative stress, factors believed to be associated with heart disease and cancer risk reduction, respectively. Further clinical studies will continue to increase understanding of the role of soy in maintaining and improving health."

Here is a quote from the American Society for Clinical Nutrition and a good link to their Journal; http://www.ajcn.org/cgi/content/abstract/39/1/16

Look at their conclusion; "***These results indicate that for healthy adults, the isolated soy protein is of high nutritional quality, comparable to that of animal protein sources,****….."*

Let's look at the American Cancer Institute, which has a little definition of Soy Protein Isolates; http://www.cancer.gov/drugdictionary/?CdrID=42493 do you see anything scary there?

Let's look at the American Society for Nutrition, here is a paper in their journal; http://jn.nutrition.org/cgi/content/abstract/137/7/1769 in the specific field they were studying, they conclude, ***…"soy protein isolate consumption, which may be beneficial in preventing prostate cancer."***

Here is a little blurb from the American Academy of Pediatrics: http://pediatrics.aappublications.org/content/101/1/148.full: "***In term infants whose nutritional needs are not being met from maternal breast milk or cow milk-based formulas, isolated soy protein-based formulas are safe and effective alternatives to provide appropriate nutrition for normal growth and development."***

These professional associations are well respected, and their journals are peer-reviewed and are read all over the world; if there was any truth to that concern about soy having to be fermented to be safe, why would it not even be mentioned?

Best Regards, Carlos F. Madero, Ph.D. Director, Quality and Technical Support
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