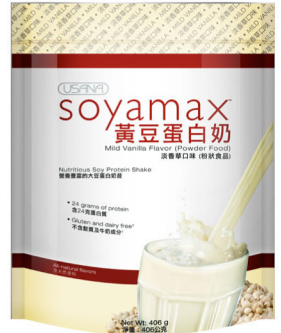


# 黃豆蛋白奶

大量營養素優化劑 / 大量營養素

- 每份蘊含24克優質大豆蛋白質
- 優質黃豆分離蛋白配方
- 每天攝取25克黃豆蛋白質，配合低飽和性脂肪及低膽固醇飲食，促進心臟健康
- 含保證劑量的天然黃豆異黃酮



USANA黃豆蛋白奶是特別的黃豆蛋白分離配方，蘊含所有必需胺基酸，為現時最全面的植物蛋白。分離黃豆蛋白亦含很多微量的必需礦物質及重要組合物，例如黃豆異黃酮。每份黃豆蛋白奶保證含足量48毫克的黃豆異黃酮。黃豆蛋白奶為現時其中一個蘊含最高黃豆蛋白劑量及低脂肪份量的產品，每份蘊含24克黃豆蛋白及只含1克脂肪。黃豆蛋白奶為一種容易消化的低脂肪、不含膽固醇、非動物性蛋白。

## 黃豆對身體的益處

美國食物及藥物管理局(U.S.FDA)証實每天攝取25克黃豆蛋白，配合低膽固醇及低脂肪飲食，可以幫助減低患上心臟病的機會。黃豆蛋白有抗氧化作用及可抑制低密度脂肪蛋白和膽固醇的氧化。<sup>3\*</sup>黃豆蛋白也可促進骨骼健康，主要是減少鈣從尿液流失。<sup>4\*</sup>黃豆蛋白亦含維生素B、鐵，及其他礦物質。醫護人員亦提出黃豆可幫助正常荷爾蒙分泌。

## 植物化學物質

黃豆對身體的益處，主要來自黃豆中多種植物化學物質。這些組合物包括：蛋白酶抑制劑--有助保護身體細胞免受環境污染物及輻射破壞；植酸鹽--可促進免疫系統健康；及皂角苷--有抗氧化保護作用。至於黃豆中其他重要的植物化學物質為植物甾醇、酚酸及卵磷脂。<sup>5</sup>

## 黃豆分離蛋白

市場上很多黃豆製品經處理時，大大流失所含的黃豆異黃酮，所含黃豆異黃酮份量極少。USANA黃豆蛋白奶保證每克黃

豆蛋白含不少於2.0毫克的黃豆異黃酮份量。黃豆蛋白奶的黃豆蛋白是特別經等量電流及水解(isoelectric/water)處理。這種黃豆處理方法可以保留黃豆異黃酮，不會在處理時流失。所以黃豆分離蛋白能含不少於九成的黃豆蛋白及同時含高量黃豆異黃酮。

黃豆蛋白奶是經化驗室測試，保證其質量。

## 服用方法

只需將一至兩勺黃豆蛋白奶加入開已調的營養餐、纖維素、果汁或您所喜愛的飲品，攪勻後即可飲用。黃豆蛋白奶亦可加進早餐粟米片、糕點、湯羹或獻汁中食用，幫助增加補充蛋白質份量之用。



# SOYAMax™

## MACRO-OPTIMIZERS / MACRONUTRITION

- 24 grams of soy protein per serving
- Contains a high-quality soy protein isolate
- 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, promote healthy cardiovascular disease
- Guaranteed levels of naturally occurring soy isoflavones



SoyaMax™ is formulated with soy protein isolate, which contains all the essential amino acids and is the most complete vegetable protein source known today. Soy protein isolate also contains small amounts of many essential minerals as well as other important compounds, such as isoflavones. USANA's SoyaMax™ guarantees a full 60 mg of isoflavones per serving.

SoyaMax™ contains amounts of soy protein that are among the highest concentrations available today, with the lowest fat content. Each serving contains 24 grams of soy protein and only 1 gm of fat. SoyaMax™ is an outstanding source of low-fat, cholesterol-free, non-meat protein, and it's easily digestible, too.

### Soy's many health benefits

The U.S. Food and Drug Administration recognizes that twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Soy protein also has antioxidant effects and has been shown to suppress the oxidation of LDL and cholesterol. <sup>3\*</sup> Soy protein may also help to promote bone health, primarily by lessening calcium loss in the urine. <sup>4\*</sup> Soy protein also provides B vitamins, iron, and other minerals. Health professionals also advocate soy for its value in helping regulate hormones.

### Phytochemicals

Many of soy's health benefits come from its numerous phytochemicals. These compounds include protease inhibitors, which may protect cells from radiation and environmental pollutants;\* phytates, which may enhance the immune system;\* and saponins, which demonstrate antioxidant activity.\* Other important phytochemicals in soy are phytosterols, phenolic acids, and lecithin.<sup>5</sup>

### Soy Protein Isolate

Many of the soy products available in the United States have been processed in a way that removes

most of the isoflavones, or cannot guarantee their levels. SoyaMax™ contains a guaranteed minimum of 2.0 mg of isoflavones per gram of soy protein. The soy protein in SoyaMax™ is produced by an isoelectric/water process. This process delivers a high concentration of soy protein and leaves most of the isoflavones intact. The result is an isolate with a protein content of 90 percent and a high level of isoflavones.

SoyaMax™ is laboratory tested, and quality guaranteed.

### Direction for use

Simply add one (1) or two (2) scoops of SoyaMax™ to 8 oz. of mixed Nutrimeal™, Fiberly™, juice, or your favorite beverage. SoyaMax™ can also be added to cereals, baked goods, soups, and sauces to fortify the protein content.

NUTRITION FACTS / 營養標示			
Serving Size : 每份29g (2 scoops) / 29公克 (兩勺)			
Servings Per Package : 14份/本包裝含14份			
	Per 100 g	Per Serving (29 g)	
	每100公克	每份29公克	
Energy	熱量 398Kcal/大卡	115Kcal/大卡	
Protein	蛋白質 82.8 g/公克	24 g/公克	
Total Fat	脂肪 5.1 g/公克	1.5 g/公克	
Saturated Fat	飽和脂肪 1 g/公克	0.4 g/公克	
Trans Fat	反式脂肪 0 g/公克	0 g/公克	
Cholesterol	0 g/公克	0 g/公克	
Total Carbohydrate	碳水化合物 5.2 g/公克	1.5 g/公克	
Dietary Fiber	膳食纖維 0 g/公克	0 g/公克	
Sugars	糖 4.1 g/公克	1.2 g/公克	
Sodium	鈉 772 mg/毫克	224 mg/毫克	
Potassium	鉀 862 mg/毫克	250 mg/毫克	
Folic Acid	葉酸 190 µg/微克	55 µg/微克	
Calcium	鈣 124 mg/毫克	36 mg/毫克	
Iron	鐵 15.2 mg/毫克	4.4 mg/毫克	
Magnesium	鎂 31 mg/毫克	9 mg/毫克	

### References 參考資料

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5. Friedrich, JA. 1997. Altern. Comp. Ther. 3:53-57.