



Shaklee Instant Protein[®] Soy Mix

A Versatile, Biologically Complete Protein

Shaklee Instant Protein Soy Mix offers all the healthy benefits of soy protein without the added carbohydrate. In addition to use as a drink mix, and baking with Instant Protein Soy Mix is the versatile way to add all the benefits of soy into your family's daily diet.

Philip Weber
Independent Distributor
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 of all kinds.

CHALLENGE:

According to a recent survey, 87% of consumers are changing their eating habits due to specific health concerns such as heart health and dietary cholesterol intake! Heart disease continues to be the number one killer in the U.S. 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. One serving of Instant Protein Soy Mix provides 16 grams of soy protein.

INSTANT PROTEIN SOY MIX:

Shaklee offers the very best, high quality and biologically complete soy protein with less than 1 gram of carbohydrate per serving. Instant Soy Protein Mix is extraordinary versatile, allowing you to enjoy the health benefits of soy in a number of different ways: Mix it in drinks, or cook and bake with it. The soy we use is produced under an Identity Preserved program (IPP), which tightly monitors and controls from planting through harvesting and processing certifying that the soy is non-genetically modified (non-GMO).

BENEFITS:

- High in protein: 16 grams of soy protein per serving with less than 1 gram of carbohydrate
- Uses only IPP certified non-GMO soy protein
- Great for drinks, cooking, and baking
- Retains nutrient benefits of soy isoflavones, amino acids, and minerals during cooking and baking
- Naturally cholesterol-and lactose-free
- Provides all the amino acids, including the nine essential ones your body needs but can't manufacture itself
- High in calcium
- Naturally low in fat (healthy fat delivered by soy lecithin and soy beans themselves)
- Provides the equivalent of 1.5 lecithin capsules per serving
- Kosher certified

Shaklee
Instant Protein[®]
Soy Mix
 Natural Flavor
 30 servings
 #20661



WHO MIGHT BENEFIT FROM SHAKLEE INSTANT PROTEIN® SOY MIX?

- 58 million people who are concerned about heart health
- People interested in replacing some or all of the typically high-fat, high-cholesterol animal sources of protein in their diet with a plant-based protein source that is and naturally low in fat cholesterol-and lactose-free
- Vegetarians or vegans looking for high-quality protein sources that contain no animal products
- Individuals seeking a high-protein soy product that delivers less than 1 gram of carbohydrate per serving and is highly versatile in drinks, cooking, and baking
- Those desiring to reduce their carbohydrate intake
- People with diabetes who, on the advice of their physicians, find that Instant Protein Soy Mix has a natural place in their diabetic diet

HOW SHOULD SHAKLEE INSTANT PROTEIN SOY MIX BE USED?

For Drinks: Mix 2 tablespoons of Instant Protein Soy Mix in water, juice, or your favorite beverage.

For Cooking and Baking: The natural flavor is so versatile, you can use Instant Protein Soy Mix in soups, casseroles, pancakes, salad dressings, and other dishes to conveniently add the benefits of soy protein to your family's meals. The isoflavones and other nutritional benefits are retained during cooking. When using this product, cooking at a lower heat and adding extra water is recommended.

NOTICE: SHOULD NOT BE USED BY INFANTS UNDER ONE YEAR OF AGE WITHOUT CONSULTING A PHYSICIAN.

WHAT'S IN SHAKLEE INSTANT PROTEIN SOY MIX?

Nutrition Facts	
Serving Size: 2 tablespoons (21g)	
Servings Per Container: 30	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	32%
Vitamin A 0%	Vitamin C 0%
Calcium 35%	Iron 15% • Phosphorous 30%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

One serving of Instant Protein Soy Mix provides approximately the following amount of essential amino acids:

Histidine	440 mg
Isoleucine	830 mg
Leucine	1390 mg
Lysine	1060 mg
Methionine	230 mg
Phenylalanine	890 mg
Threonine	640 mg
Tryptophan	210 mg
Valine	850 mg

Ingredients: Soy Protein Isolate, Tricalcium Phosphate, Soy Lecithin.

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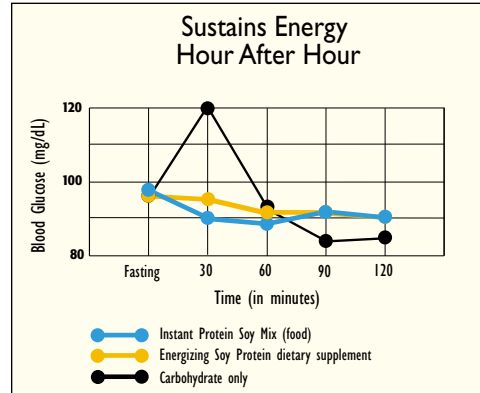
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IS THERE SCIENTIFIC EVIDENCE FOR THE EFFECTIVENESS OF THE INGREDIENTS IN SHAKLEE INSTANT PROTEIN® SOY MIX?

In October 1999 the U.S. Food and Drug Administration (FDA) approved a new health claim for soy protein foods and coronary heart disease: 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.

WHY CHOOSE SHAKLEE INSTANT PROTEIN SOY MIX?

Each serving of Shaklee Instant Protein Soy Mix provides the most protein (16 grams) and the least carbohydrate of all the Shaklee soy protein products available! Less than one gram of carbohydrate! In addition, it can be enjoyed in drinks or used in cooking and baking. This product helps maintain normal glycemic response and prevents sharp spikes and plummets in blood sugar level. Reference the graph at the right, which depicts the effects our soy has on the body's blood sugar level.



- Highest-rated protein quality from IPP-certified, non-GMO soy protein
- Natural vegetarian protein source
- Naturally cholesterol free
- No saturated fat
- Naturally lactose free
- 35% of your daily needs for calcium
- All the amino acids, including the nine essential ones your body needs but can't manufacture itself
- Kosher certified
- Water-processed to retain naturally occurring isoflavones such as genistein and daidzein (unlike some alcohol-processed soy protein products)
- By retaining the isoflavones, positive health effects are delivered through the phytochemical compounds of the isoflavones
- No artificial flavors, sweeteners, colors, or preservatives added

SUPPORT MATERIALS:

- Instant Protein Soy Mix Flyer #74580 (English), #74581 (Spanish)

References:

1. Nutrition Report 1999-2000, United Soybean Board.

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Become a **member** and benefit from the 15% discount afforded to members on all products. No one, not Shaklee nor myself will push you to share Shaklee if you become a member. Think of it as similar to joining Costco or Sams Club only without the annual membership fee.

For those that would like extra income in these difficult economic times becoming a distributor can bring a fabulous income for simply sharing the great Shaklee products. It seems effortless to me, I already share products and information I like with people anyway, so why not enjoy an income from it. I love the products and Shaklee has an amazing heritage. It's the only corporation I know with a conscience and the desire to help people like you and me.

If for any reason a Shaklee product is not satisfactory, return it to your Shaklee Independent Distributor or Shaklee Corporation for exchange or a full refund.



For more information, visit www.shaklee.com.

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