Soy Isoflavones

30 vegetarian capsules | Item # 01649

Heart & bone support for postmenopausal women

4.7

12 Reviews | Write a review

After menopause, a woman needs to keep her heart and bones healthy—and soy isoflavones can help, because they mimic estrogen-like activity in the body.

Gluten free | Non-GMO | Vegetarian

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Overview

What Are Soy Isoflavones?

Soy has many health benefits for women, especially after menopause. Soy isoflavones are phytoestrogens (plant estrogens) that mimic estrogen-like activity in your body. This means they help your body maintain strong bones and a healthy heart as you age.

Soy isoflavones are phytoestrogens (plant estrogens) that can help women maintain heart and bone health after menopause.

Soy Isoflavones Benefits

- Ideal daily supplement for women post-menopause

- Supports heart, bone & cellular health
- Can help maintain already-healthy blood pressure
- Provides soy isoflavones such as genistein, daidzein and glycitein

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Post-menopause support

After menopause, maintaining a healthy heart, bones and metabolism is especially important for women—and soy can help. The phytoestrogens in soy have effects similar to those of estrogen, so they help support cardiovascular health and healthy bone density in women as they age. Soy isoflavones also help fight oxidative stress, contributing to wellness and longevity no matter what stage of life you're in!

Life Extension - Why We Do It?

The Best Supplements Science Can Offer

When putting something in your body, you should be confident that you're getting the nutritional benefits your body deserves. We've been delivering high-quality, science-backed supplements for more than 40 years.

What Matters to You, Matters to Us

We're committed to empowering you to live a healthier life. Whether it's finding sustainable partners for our ingredients or funding the latest anti-aging research, we're all about your health & wellness.

Highly Recommended

98% of our customers recommend us to family and friends. We're very proud of that because our loved ones matter to us—and we're willing to bet you feel the same way.

Product Transparency

40 years of research dedicated to bringing you premium, scientifically-validated formulations.

Product Details

After menopause, maintaining a healthy heart, bones and metabolism is especially important for women—and soy can help. The benefits of soy have been shown for decades in published studies.[1]

In particular, soy isoflavones like genistein, daidzein and glycitein have demonstrated a wide variety of beneficial effects in postmenopausal women, including supporting cardiovascular, cerebrovascular, metabolic and bone health, as well as healthy cell division.[1-4]

Soy Isoflavones

Soy is rich in phytoestrogenic plant-derived compounds with estrogen-like effects called isoflavones, such as genistein and daidzein. These isoflavones activate estrogen receptors, but they prefer the receptor Erβ—which is found mainly in bone, urogenital tissue and the cardiovascular system—over Erα, which is found mainly in breast and uterine tissues.[5]

As a result, soy isoflavones have demonstrated benefits for women after menopause, such as helping maintain bone density as well as healthy blood lipid levels and glucose metabolism and promoting heart health.[6-9]

Soy isoflavones also support healthy cell signaling and help protect against oxidative stress.[4,13]

Supplement Facts

Serving Size 1 vegetarian capsule

Amount Per Serving	
Soybean extract (seed) [std. to 40% total isoflavones, providing 15% genistein, 14% daidzein].	135 mg
Other ingredients: vegetable cellulose (capsule), ascorbyl palmitate, silica.	

Contains soybeans.
Non-GMO

Dosage and Use

- Take one (1) capsule once or twice daily, or as recommended by a healthcare practitioner.

Typical soy isoflavone profile:

- Genistein and its precursor isoform genistin: 28 mg
- Daidzein and its precursor isoform daidzin: 22 mg
- Glycitein and its precursor isoform glycitin: 4 mg

Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Actual Size

Pill Size Image

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†Ratings based on results of the 2025 ConsumerLab.com Survey of Supplement Users. Multivitamin rating based on results of the 2024 ConsumerLab.com Survey of Supplement Users. For more information, visit **www.consumerlab.com/survey**.