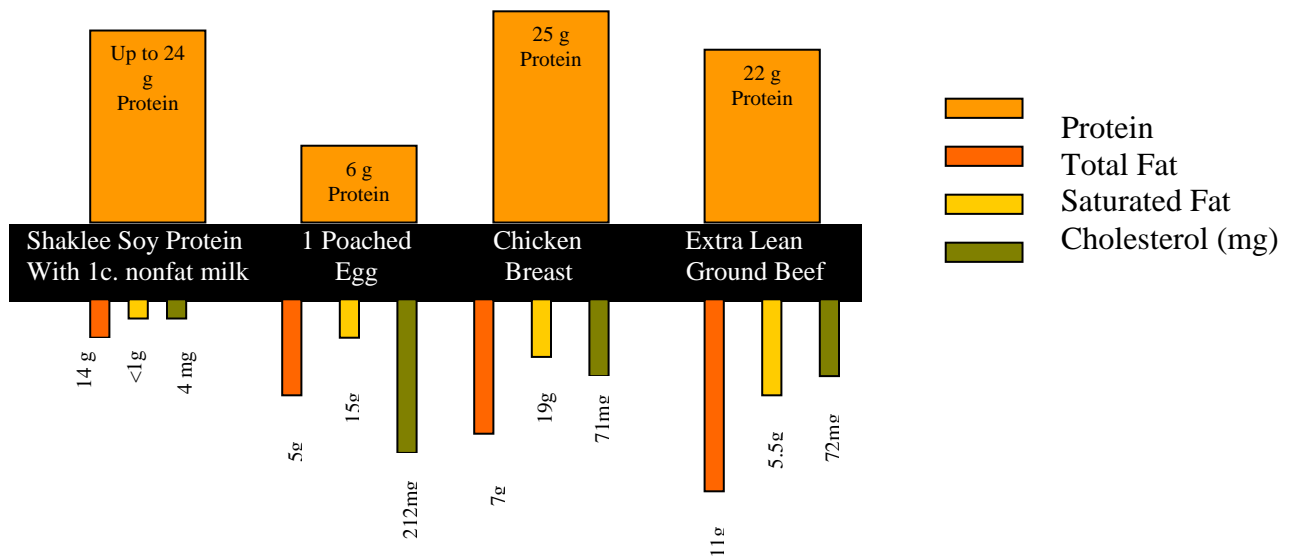


# WHY SOY PROTEIN

Why soy will add 25 years to your life

## Shaklee Soy Protein Drink Mixes

High in Protein, Low in Fat, and  
Naturally Cholesterol Free



- A complete protein containing all of the 9 essential amino acids is essential for long-term human health (Shaklee's soy contains all 9 essential amino acids). It's not the protein that is important, it's the amino acid content of the protein that is important.
- Animal protein does not contain the essential amino acids in any one serving. The amino acid levels are too low and take too long to digest.
- Enzymes are essential for protein utilization (when protein is heated to 110° the enzymes are destroyed. The enzymes are necessary for protein utilization. That is why Shaklee does not go over 56° of heat when producing the product.
- Phyto-chemicals and Phyto-estrogen, which are essential for maximum human health, are not found in animal protein. Although they are not nutrients like vitamins and minerals, scientists believe these plant chemicals show much promise in the prevention of cancer.
- Producing an alkaline base in the body improves the immune system and reduces the ability of viral and bacterial growth. An acid base which is produced when you eat meat and dairy products reduces the immune system, increases the level of viral and bacterial growth and will lead to many problems. Soy products are alkaline based, which is essential for long-term health.

- Soy must be water washed to maintain the Phyto-chemicals and Phyto-estrogens in the soy. Many companies use alcohol to wash their soy. This is why Shaklee uses only water to wash the soy.
- Shaklee soy does not raise the blood sugar level, which becomes very important to start the day so as to increase the blood sugar levels. When we start the day by increasing our blood sugar levels we will experience blood level swings, which will cause us to be tired and irritable all day long.
- Animal protein takes too long to digest and as we get older it becomes difficult to properly digest meat, which leaves too much residual acid in the body. Meat contains too much saturated fat and cholesterol.
- Shaklee soy is very digestible, has only 25 calories per tablespoon, is very low in saturated fat, contains no cholesterol and quickly absorbs into the blood.
- Most proteins take too long to digest to maintain the amino acid and protein level. The body then must attack the muscles. This is why we loose muscle mass during our lifetime. Shaklee soy is readily available to the blood.
- The lower the carbohydrate ratio to protein, the more valuable the protein is to the body.
- The raw material that goes into soy products depends on the soil where it is raised; the conditions used while growing soy make a large difference in its value.
- Bio-available is a term which refers to how protein is absorbed and used by the body. Bio-available is a standard we use in making our Shaklee soy products. This is why Shaklee soy produces such a high level of amino acids and protein levels in the blood.

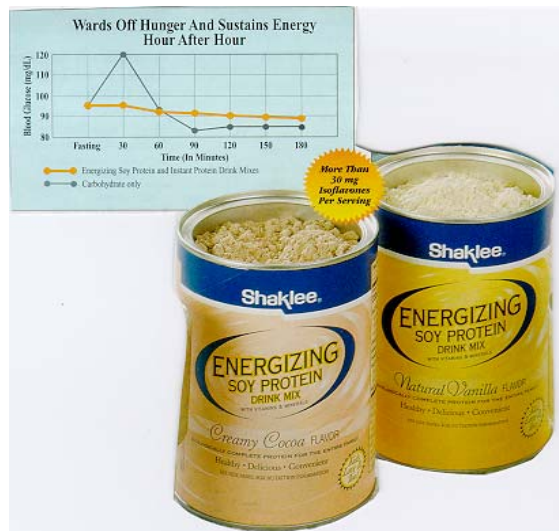
#### THE FUNCTIONS OF AMINO ACIDS

1. Rebuilds the immune system
2. Rebuilds the connective tissue
3. Rebuilds the muscle tissue
4. Rebuilds bone tissue
5. Rebuilds nerve fiber
6. Rebuilds collagen & connective tissue
7. Grade one energy source
8. Special antibody production
9. Muscle nerve fiber combination

- Blood amino acid levels play such a tremendous role in maintaining health in the human body. We tend to eat such large volumes of food because low blood amino acid levels are never satisfied from saturated foods. They are full of calories, fat, and carbohydrates, which will alter the body's performance and never bring the body into balance.
- The storage cells in the body either store fat or protein. Using Shaklee protein daily can help maintain the problems in the storage cells so the body will always have a supply of amino acids stored, reduces muscle loss, and reduces fat storage.

- Protein can't be utilized in our metabolism with out adequate B<sub>3</sub>, B<sub>6</sub>, potassium, phosphates, and carbohydrates. Most meals do not contain adequate amounts of the right levels of B and potassium, phosphates, or carbohydrates to properly utilize the protein we are eating. Our Shaklee soy has been completely metabolized for full utilization.

- Soybeans contain a full spectrum of natural phytochemical compounds that may have health benefits; compounds like phytates, phytosterols, saponins, phenolic acids and protease inhibitors. What really sets soy apart from other plant foods is a class of compounds called isoflavones.
- Soy is the highest quality protein available from nature. We are what we eat. Our health is going to be affected by the quality of protein we consume. Shaklee soy is the very best money can buy.



Stress is the greatest factor in protein utilization in the body. Under stress the body's demand for amino acids increases six times. Soy is so readily available to the body; it can help counter these changes. Other proteins just take too long to digest and do not supply an adequate amount of amino acids. So in most cases the body must attack the muscles to try and get the amino acids that are needed.