

# PLANT PHYTOESTROGENS (ISOFLAVONES) AND ESTROGEN



## WHAT IS ESTROGEN?

A hormone produced by both women and men<sup>1</sup>



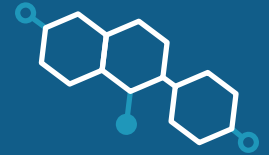
## WHAT ARE PHYTOESTROGENS?

Naturally occurring compounds in plants that share some similarities with estrogen



## WHAT ARE ISOFLAVONES?

A type of phytoestrogen that is found in many plants, but especially soybeans<sup>2</sup>



## WHY ARE ESTROGEN & ISOFLAVONES DIFFERENT?

Isoflavones bind to estrogen receptors in cells in a manner that differs from the way estrogen does<sup>3</sup>

## QUICK FACTS

- 1 Soyfoods do not contain estrogen
- 2 Soybean isoflavones differ in multiple ways from estrogen<sup>4</sup>
- 3 Isoflavones may be protective against breast cancer<sup>5-6</sup>
- 4 Isoflavones have no effect on the uterus or endometrium<sup>7-10</sup>
- 5 Isoflavones do not lower testosterone in men, and do not affect sperm or semen<sup>11-12</sup>

Visit [SoyConnection.com](https://www.SoyConnection.com) for more information on soy health

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