

## Product Information: Soy Protein Powder

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Soy Protein Powder

Get Lean and Toned

- For those who seek to get lean and toned.
- 20 g high-quality vegetarian protein to nourish muscles and help manage hunger
- A protein source that may reduce the risk of heart disease. Diets low in saturated fats and cholesterol that include 25 g of soy protein per day may reduce the risk of heart disease. One serving of EAS® Soy Protein provides 20 g of soy protein.
- Includes 3.7 g branched chain amino acids (BCAAs). Research shows that BCAAs help muscles recuperate after strenuous exercise and may help reduce exercise-related muscle damage.



## Ingredients

### Vanilla Powder:

Soy Protein Isolate, Fructose, Natural & Artificial Flavors, and Soy Lecithin.

**Allergens:** Contains milk and soy ingredients.

## Availability

| List Number | Item   |
|-------------|--|
| 59447       | Soy Protein Powder Chocolate / 1.4-LB (635-g) Jar / 6 ct |
| 59448       | Soy Protein Powder Vanilla / 1.3-LB (590-g) Jar / 6 ct   |

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## Nutrition Information - Vanilla Powder

|                   | 44 g (1 scoop) |             |
|-------------------|----------------|-------------|
|                   | Value          | %RDI / %DV* |
| Calories          | 170            |             |
| Calories from Fat | 10             |             |
| Fat, g            | 1.5            | 2           |
| Saturated Fat, g  | 0              | 0           |
| Trans Fat, g      | 0              |             |
| Cholesterol, mg   | 0              | 0           |
| Sodium, mg        | 190            | 8           |
| Potassium, mg     | 300            | 9           |
| Carbohydrate, g   | 19             | 6           |
| Dietary Fiber, g  | 0              | 0           |
| Sugars, g         | 17             |             |
| Protein, g        | 20             | 40          |
| Vitamin A         |                | 0           |
| Vitamin C         |                | 0           |
| Calcium           |                | 4           |
| Iron              |                | 15          |

## Vanilla Powder Footnotes & References

### Per 44 g (1 scoop)

\*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.

## Preparation

### Use & Mixing Instructions

- Combine 1 scoop with 8 fl oz of cold water, milk or your favorite beverage and mix for 20-30 seconds in a shaker or blender.
- Drink within 30 minutes after your workout.
- Also works as a snack or part of 5-6 smaller meals per day.
- Drink 1-3 servings daily, depending on your protein needs.
- Use with a healthy diet and exercise program.

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