

30 Years of Soy Research

The health effects of soyfoods and soybean components such as isoflavones have been rigorously investigated the past 30 years. More than 40,000 soy-related articles have been indexed in PubMed during this time. The highlights below are some of the more important research findings that have been published. Given the enormous amount of research conducted there could have been many more lists like this and thus this list is obviously subjective. Not including a study on the list below is in no way meant to suggest it did not make an important contribution to the field.



Cancer Prevention



Women's Health



Heart Health



Endocrine Function



Brain Health



Digestive Health



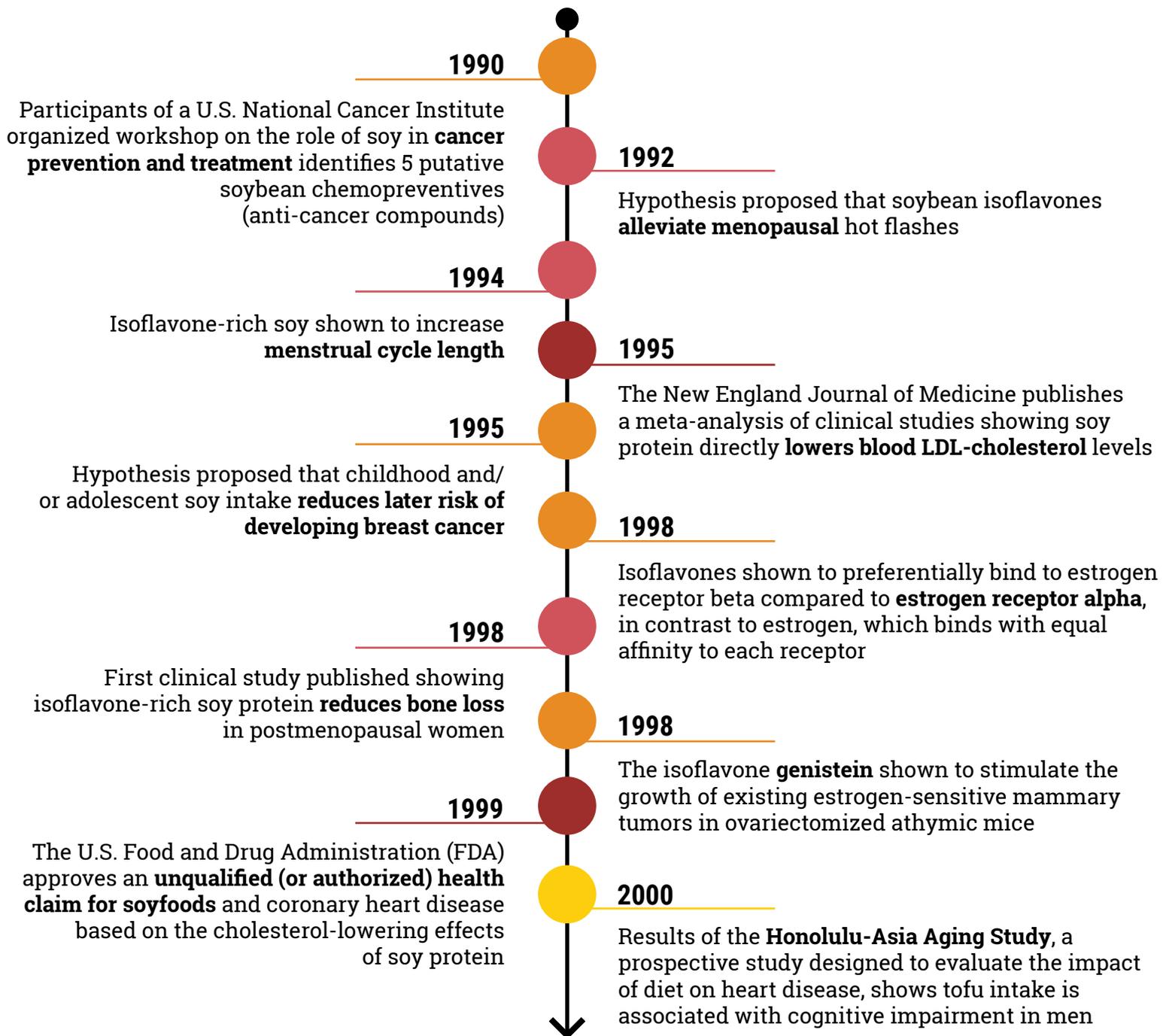
Men's Health

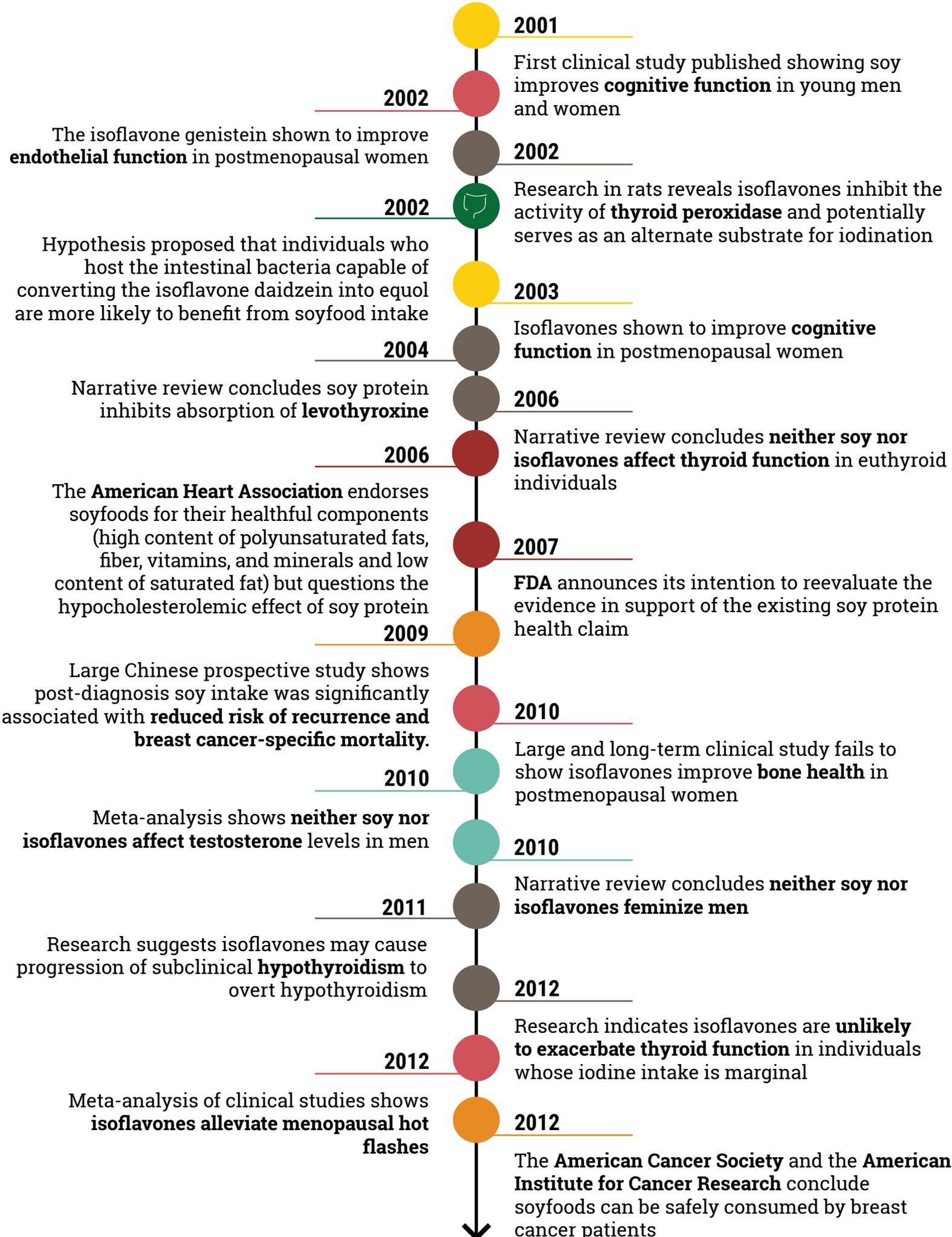


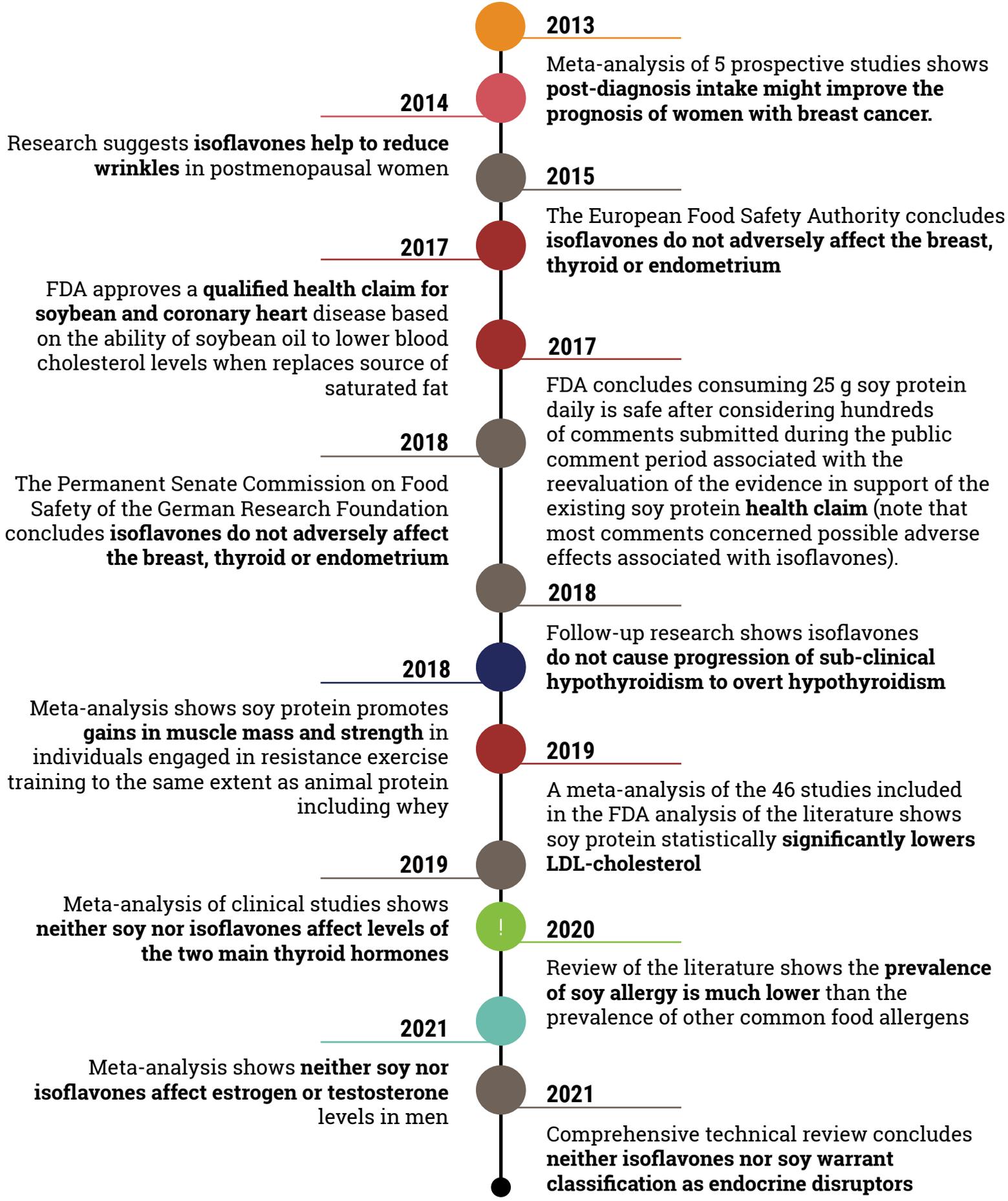
Allergenicity



Muscles







Read more about the benefits of adding soy to your diet at SoyConnection.com