Revival Products Explains that Their Soy Products May Be Used for Preventing Hot Flashes and Night Sweats

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Revival Products Inc., a company based in Kernersville, NC, has pointed out that their soy products may help prevent hot flashes and night sweats due to menopause. However, these soy products for hot flashes and night sweats are different from other soy products because these Revival shakes and protein bars have been researched to provide a concentrated soy blend. Thus, they have been formulated to optimize results.

Suzanne Tabor, President of Revival Products Inc., says, ?Revival Soy has many benefits that are a direct result of our researched natural concentration process. We have been selling Revival since 1998. We were awarded a patent in 2002 for our unique concentration process.?

The patented process that they use is based on the fact that the highest concentration of isoflavones is found at the heart of the soybean. What they do is go to where the isoflavones are concentrated, which is the center of the soybean, known as ?hypocotyl?. Isoflavones surround and protect the soybean?s DNA in this particular area. The natural concentration process that they use allows them to blend this isoflavone-rich portion with a separate protein-rich portion, resulting in a final product that is rich in both soy protein and soy isoflavones. This combination provides the naturally-concentrated benefits of Revival Soy without requiring

any chemical concentration.

Studies have revealed that eating the proper amount of soy is required to get the full health benefits. An international panel of leading experts suggests that people consume up to 160 milligrams of soy isoflavones per day to get the full benefits. The FDA states that 25 grams of soy protein per day, with a diet low in saturated fat and cholesterol, may help in decreasing the risk of heart disease. Just one Revival Soy protein shake or protein bar provides 20 grams of protein.

When Revival Soy protein bars and shakes are compared to other soy products, it can be seen that the Revival products are superior. This is because one Revival Soy bar a day or one Revival Soy shake are needed to provide the needed amount of soy isoflavones as suggested by experts. Each Revival product can provide 20 g of soy protein or approximately 160 mg of soy isoflavones.

In contrast, drinking six cups of regular soymilk a day would provide only 7 g of soy protein or about 20 to 35 mg of soy isoflavones. Eating six servings of tofu a day (which is approximately one pound of tofu) will provide 11 g of soy protein and approximately 20 to 30 soy isoflavones. As for soy burgers, 17 patties every day will provide 14 g of soy protein and about 9 mg of soy isoflavones.

It can be clearly seen that many soy foods fall short when it comes to providing the full isoflavone benefits. These products would not be able to provide enough soy isoflavones, according to some experts and provide the full health benefits.

Furthermore, Revival Soy products do not taste like regular soy. Most people are hesitant to include soy in their daily diet, because traditionally, soy products have a bland, chalky flavor. But Revival Products spent a lot of time perfecting the taste, consistency, and texture of every product and flavor, ensuring that they have a taste that people will love.

It is also important to note that Revival Soy products may also be used to help people lose weight. A significant number of studies support claims that consuming soy protein may help a person lose weight. Soy protein is an excellent source of high-quality protein (compared to some other protein sources) and this can help a person build lean muscle mass. In addition, soy protein is a good source of energy from calories and branched-chain amino acids. When combined with exercise and a healthy diet, soy protein may be an excellent ?partner? in a successful diet plan.

For more information about soy shakes for weight loss or for preventing hot flashes, those interested can check out the Revival products website, or contact them through the telephone or via email.

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Revival Products Inc.

Revival Soy is a brand of soy food and supplement products that help with many elements in health and fitness including the menopausal transition.

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