Revival Soy Has Made Available A Line Of Soy Shakes For Fighting Menopause Discomforts

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Revival Soy has made available soy protein shakes for menopause discomforts such as hot flashes and night sweats on its website. The company?s soy shakes are formulated to also be bariatric friendly, gluten-free, lactose-free, and vegan.

Revival Soy bases the formulation of its soy-based protein shakes on the discovery from demographic studies of the Asian population. The studies found that only about 10 to 20 percent of women living in Asia experienced menopausal hot flashes. This rate is significantly lower as compared to women in the USA, 80 to 90 percent of whom experience hot flashes. The creator of Revival Soy, Dr. Aaron Tabor, looked into the studies and attributed this discrepancy to the consumption of the soy-rich Asian diet. Asians may end up consuming up to 6 servings of soy foods a day. Americans, on the other hand, consume almost no soy protein or soy isoflavones.

Revival Soy?s website also quotes another recent menopause study that compared the effectiveness of a soy shake or placebo on menopausal discomforts in 60 Brazilian women between the ages of 40 and 60. The soy shake used in the randomized, double-blind, placebo-controlled study was given in two portions per day

and provided a total of 24 grams of protein and 90 milligrams of isoflavones (53 milligrams in aglycone equivalents). Volunteers in the study received the placebo or shake daily for 16 weeks. The study found improvements in hot flashes in all groups of postmenopausal women. However, improvements were substantially greater in the soy shake group. About 50% of women in the soy shake group noticed improvements compared to about 30% of women in the placebo group.

Dr. Aaron Tabor talks about the recent discoveries that have brought the benefits of soy protein to the forefront by saying, ?The last 20 years have seen the release of several studies that suggest that soy can help mild common discomforts associated with menopause such as hot flashes and night sweats. Studies show that soy can also provide support for weight loss, energy, healthier skin, hair, and nails, heart disease risk reduction, and other health areas. Apart from the aforementioned benefits, it is also known that soy protein is the only plant protein that is ?complete? since it contains all 9 essential amino acids in the right balance for the body?s needs. Given the overwhelming health benefits of soy protein, it is a no-brainer that menopausal women should attempt to include as much soy as possible in their diets. We have crafted the perfect product that gets rid of the unpalatable soy texture and chalky taste by extracting the protein and isoflavones to create a concentrated mixture that is just the best parts of soy brought together and made available in a delicious package. Our customers also use our soy shakes to lose weight as they are a perfectly healthy and nutritious meal on its own.?

Revival Soy Protein Shakes come in several mouth-watering flavors such as Chocolate DayDream, Vanilla Pleasure, Strawberry Smile, Cappucino Comfort, Just Peachy, Banana Blessings, Blueberry Blush, and Strawberry/Banana Bliss. The company claims that it uses only authentic ingredients such as real cocoa, vanilla, strawberries, and peaches to add flavor to its shakes. A single shake is naturally concentrated to provide approximately the same amount of isoflavones as about 6 cups of typical soy milk. Each shake contains 20 grams of soy protein and around 160 milligrams of soy isoflavones. The soy shakes are also available in low-carb versions, making them a perfect fit for those who are watching their weight. Most of the flavored shakes are also offered in 3 sweetener options namely Fructose, Sucralose, and Unsweetened. The soy shakes are made from certified genetically-pure soy (non-GMO) and have certified isoflavone levels, a clinically-proven low-glycemic index that prevents rapid blood sugar rise, and at least 600 milligrams of bone-healthy calcium to help reduce the risk of osteoporosis. All the shakes meet the FDA's criteria for heart-healthy soy foods.

Revival Soy can be contacted at the toll-free number (800) 738-4825 and its customer care can be reached at customercare@soy.com.

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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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