Revival Soy Recommends Its Protein Shakes and Bars as Dietary Supplements for Weight Loss

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Revival Soy is recommending its range of doctor-formulated soy protein products as healthy protein-rich diet supplements for those embarking on their weight loss journey.

Revival has a patented process for extracting and concentrating the naturally-occurring proteins in soybeans. Revival?s concentration process maximizes the effectiveness of soy protein while also getting rid of the chalky soy taste and removing up to 90% of the fat. Soy protein is an excellent alternative high-quality protein since it contains all the 9 amino acids that are essential for the body. Soy protein can also provide ample energy from calories and branched-chain amino acids.

Revival?s soy protein products can help individuals lose weight by reducing their hunger cravings and ensuring that there is no rapid rise in blood sugar levels. Revival says that consuming soy makes one feel full and satisfied and reduces the urge to snack between meals or late at night. Moreover, since soy protein also has a low glycemic index compared to glucose, it doesn?t dramatically increase blood sugar levels.

To get started on the soy protein diet, Revival recommends consuming a naturally concentrated Revival

protein bar or protein shake, which contains 20 grams of protein, once or twice daily with a multivitamin. The company encourages its customers to incorporate its products, as a part of an existing sensible diet plan. Revival also recommends its Baked Soy Protein Chips and other protein snacks to boost protein intake, decrease irregular snacking, and increase energy. The company, however, does warn its customers against using its soy protein shakes and protein bars as the sole source of nutrition while dieting.

Dr. Aaron Tabor, the creator of Revival Soy, talks about how the company?s soy shakes and protein bars can help dieters lose up to 1 to 2 pounds every week by saying, ?Revival?s wide range of soy protein offerings make weight loss simple and achievable. Enjoy our soy shakes or protein bars along with a multivitamin to meet your body?s protein and energy requirements and fight the intrusive hunger pangs. The multivitamin supplement helps neutralize the oxidative stress produced by weight loss. We also urge you to adopt a diet that lowers your calorie intake and an exercise routine that burns what you consume. Along with our high-quality soy protein products, you should opt for at least 5 servings of antioxidant-rich fruits and vegetables daily. Try limiting yourself to complex carbs and whole grains, make sure your diet consists of at least 25 to 30 grams of soluble fiber every day, eat smaller portions, and drink at least 8 glasses of cold water a day. If you follow these tips and pair them with our soy protein for weight loss, you will soon see a noticeable change in your physique, improved energy levels, better sleep, reduction in hot flashes and night sweats, and younger-looking skin, hair, and nails.?

Hundreds of reviewers vouch for the benefits that Revival?s soy protein products offer. One reviewer talks about her weight loss journey by saying, ?This is just wonderful. Let me count the ways it has helped me: I am a new member!! In 2 weeks, I lost 4 pounds. For me, that was great. My hot flashes stopped. I feel better daily. I told my husband I have finally found something I CAN TAKE THAT WORKED! And most of all, it?s HEALTHY FOR ME! And to me, that?s a great thing. So, thank you very much.?

Another reviewer talks about how Revival soy protein products helped him reduce his weight and get his blood sugar under control by saying, ?Together with a diet plan super used by a dietician and a blood sugar plan used by an RN, I have gotten my blood sugar under control and lost 24 lbs. Revival Soy has been an indispensable part of this plan. In fact, I introduced my dietician to your products as well and she is enthusiastic. Thank you for all your help and keep up the good work!?

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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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