



NATURE'S SUNSHINE

Phyto-Soy®

Non-GMO

GOOD FOR

Endocrine System

Immune System

Cardiovascular system

SIZE **90 Capsules**

ITEM # **4981**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

Phyto-Soy® brings together the naturally occurring plant compounds found in soy to help support hormonal balance, cardiovascular wellness, and everyday comfort during life's changing seasons. It's a simple, plant-based way to give your body a little extra support where it matters most.

Soy — Hormonal Comfort — Soy contains natural plant compounds called isoflavones that gently interact with the body's estrogen pathways. This makes it a popular choice for women navigating perimenopause and menopause, helping the body feel more balanced and comfortable during hormonal transitions.

Soy — Hot Flash Relief — One of the most talked-about benefits of soy isoflavones is their ability to help ease the frequency and intensity of hot flashes. Women going through menopause have long turned to soy as a natural, plant-based option for staying cooler and more comfortable day to day.

Soy — Menopause Support — During menopause, the body goes through significant hormonal shifts. Soy isoflavones — including genistein and daidzein — are well-studied plant compounds that support the body during this transition, helping to promote a greater sense of balance and overall well-being.

Soy — Perimenopause Wellness — The years leading up to menopause can bring their own set of changes. Soy's natural isoflavones offer gentle support during perimenopause, helping the body adapt more smoothly as hormone levels begin to shift, so you can keep feeling like yourself throughout the journey.

Soy — Estrogen Balance — Soy isoflavones are known as phytoestrogens — plant-based compounds that interact with the body's estrogen receptors in a gentle, natural way. This can help support a healthier hormonal balance, especially for women whose estrogen levels are fluctuating or declining.

Soy — Antioxidant Support — Soy isoflavones including genistein and daidzein act as antioxidants, helping to protect the body's cells from everyday oxidative stress. Research in clinical trials has shown that soy can support the body's natural antioxidant defenses and help maintain overall cellular health.

Soy — Arterial Health — Studies show that soy isoflavones support healthy arteries by promoting good blood flow and helping to maintain the flexibility of blood vessel walls. This kind of vascular support is an important part of keeping your cardiovascular system running smoothly over the long term.

Soy — Circulation Support — Healthy circulation depends on blood vessels that work well and stay relaxed. Soy isoflavones have been shown in clinical trials to support markers of healthy circulation, including how well blood moves through the arteries — a key part of everyday energy and cardiovascular wellness.

Soy — Cardiovascular Wellness — Your heart and blood vessels benefit from the natural compounds found in soy. Clinical research has shown that soy isoflavones support cardiovascular health by promoting healthy arterial function and helping to maintain normal vascular tone, making them a smart addition to a heart-friendly lifestyle.

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