

Knowledge/Experience

What: Extracted or synthesized soybean isoflavones reduce menopausal hot flash frequency and severity

Keywords: soy, functional foods, diet
isoflavones, menopausal

When/Where: XX/7/2012

Who: 5 independent scientists, the North American Menopause Society
Women, individuals approaching menopause, academic researchers

Why: To determine the efficacy of extracted or synthesized soybean isoflavones in the alleviation of hot flashes in perimenopausal and postmenopausal women.

How: Credible in that it appears in a peer reviewed journal. Credible in its ability to help women decide about dietary options to reduce hot flashes

Type: