

Nutri5[®] Fact Sheet

What Is Nutri5[®]?

Nutri5[®] is the result of over 20 years research into the benefits of soya by Dr Lars Hoie.

Nutri5[®] is a strawberry-flavoured instant soya shake mix and contains a unique combination of high quality soya protein, soya fibre, and soya germ. It is totally non-GMO. Each sachet delivers 50 mg of soy isoflavones in their natural and most effective form.

Ingredients:

Soya protein (30%), fructose, sugar, soya fibre (11%), emulsifier (soya lecithin), soya germ powder (6%), flavourings, colour (beetroot), anti-caking agent (silicon dioxide), thickening agent (xanthan gum), salt.

What Does Nutri5[®] Do?

Research supports the following benefits of Nutri5[®]:

- Helps control blood cholesterol and promote heart health
- Helps women to cope with discomfort associated with the menopause, such as hot flushes, anxiety, irritability, concentration problems and sleep disorders

How Does Nutri5[®] Work?

- The unique combination of soya protein, soya phospholipids, soya germ and soya fibre that has been clinically proven to reduce Total and LDL (the bad) cholesterol. It is twice as effective as soya protein by itself.
- As to how it helps to alleviate menopausal discomfort, Nutri5[®] also contains soy isoflavones which are quite similar in structure to human oestrogen and trigger similar responses in the body.
- Oestrogen decreases as women go through the menopause, and it is this decrease that makes women prone to menopausal discomfort.
- It is thought that the isoflavones in Nutri5[®] work by mimicking human oestrogen at certain sites in the body, providing health benefits without unwanted side effects.
- As the effect of soy isoflavones is weaker than oestrogen, it does take some time for Nutri5[®] to demonstrate positive relief for menopausal symptoms. Although an improvement may be felt in as little as two weeks, most people will take four to six weeks to start feeling a benefit, which will then continue to improve over the following weeks.
- The absorption of isoflavones in the body is significantly enhanced through the combining of soya germ and soya protein isoflavones with soya fibre. This makes Nutri5[®] more potent than other supplements and is the reason why Nutri5[®] is a powder to which you add water to make a shake.

Usage

To help lower cholesterol, take one or two sachets per day.

To alleviate menopausal discomfort, like hot flushes, take two sachets per day until symptoms abate and then reduce to one sachet daily.

