Soy Flour

Source: https://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq?atid=soyflour.farinesoja⟨=eng

Extracted: 2025-08-26T06:36:06.023288

SOY FLOUR Help on accessing alternative formats, such as Portable Document Format (PDF), Microsoft Word and PowerPoint (PPT) files, can be obtained in the alternate format help section. (PDF Version - 93 KB) This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient. Notes Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion. The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant. Date September 29, 2022 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper name(s) Common name(s) Source information Source material(s) Part(s) Preparation Glycine max Soybean Flour Soy Flour Glycine max Seed Dry Defatted soybean flour 1 Defatted soy flour 1 Glycine max Seed Dry References: Proper name: USDA 2019; Common names: USDA 2019, Tomar and Shiao 2008; Source information: USDA 2019, Tomar and Shiao 2008. 1 Defatted flour refers to preparations where the oil has been removed. Route of Administration Oral Dosage Form(s) This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document. Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications. Use(s) or Purpose(s) Source of antioxidants/Provides antioxidants (Wang et al. 2013; Liu et al. 2005). Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals (Wang et al. 2013; Liu et al. 2005). Source of protein (for the maintenance of good health) (CFIA 2016). Source of protein which helps build and repair body tissues (CFIA 2016). Source of (an) (non-essential) amino acid(s) involved in muscle protein synthesis (IOM 2005). Source of (an) (essential) amino acid(s) involved in muscle protein synthesis (IOM 2005). Source of (an) essential amino acid(s) for the maintenance of good health (IOM 2005). The following combined use(s) or purpose(s) is/are also acceptable: Source of (an) essential amino acid(s) involved in muscle protein synthesis and for the maintenance of good health (IOM 2005). Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Antioxidants Methods of preparation: Powder; Defatted, ground Not to exceed 8 grams of soy flour and/or defatted soy flour, per day (Tomar and Shiao 2008; Travis et al. 2008). Source of Protein Method of preparation: Defatted, ground 5.5 - 8 grams of defatted soy flour, per day (CNF 2015; Travis et al. 2008; IOM 2005). Method of preparation: Powder 7.5 - 8 grams of soy flour, per day (CNF 2015; Travis et al. 2008; IOM 2005). Note: If soy flour and defatted soy flour are combined, 7.5 grams should be used as the minimum total daily dose and 8 grams as the maximum total daily dose. Source of (essential) amino acid(s) involved in muscle protein synthesis/for the maintenance of good health Method of preparation: Defatted, ground 5.5 - 8 grams of defatted soy flour, per day (CNF 2015; Travis et al. 2008; IOM 2005). Method of preparation: Powder 7.5 - 8 grams of soy flour, per day (CNF 2015; Travis et al. 2008; IOM 2005). Note: If soy flour and defatted soy flour are combined, 7.5 grams should be used as the minimum total daily dose and 8 grams as the maximum total daily dose. OR Method of preparation: Standardized Powder Essential amino acids Minimum dose of amino acid (milligrams/day) 1 Maximum dose of Soy flour and/or Defatted soy flour (grams/day) 2 Histidine 49 mg 8 g Isoleucine 66.5 mg Leucine 147 mg Lysine 133 mg Methionine 66.5 mg Phenylalanine 115.5 mg Threonine 70 mg Tryptophan 17.5 mg Valine 84 mg 1 Minimum doses have been calculated as 5% of each specific amino acid Recommended Dietary Allowance with a reference weight of 70 kg (IOM 2005). 2 Maximum dose (CNF 2015; Tomar and Shiao 2008; Travis et al. 2008; IOM 2005). Source of (non-essential) amino acids involved in muscle protein synthesis Method of preparation: Defatted, ground 5.5 - 8 grams of defatted soy flour, per day (CNF 2015; Travis et al. 2008; IOM 2005). Method of preparation: Powder 7.5 - 8 grams of soy flour, per day (CNF 2015; Travis et al. 2008; IOM 2005). Note: If soy flour and defatted soy flour are combined, 7.5 grams should be used as the minimum total daily dose and 8 grams as the maximum total daily dose. OR Method of preparation: Standardized Powder Non-Essential amino acids Minimum dose of amino acid (milligrams/day) 1 Maximum dose of Soy flour and/or Defatted soy flour (grams/day) 2 Alanine 181.5 mg 8 g Arginine 208.5 mg Aspartic acid 325 mg Glutamic acid 750 mg Glycine 160 mg Proline 259.5 mg Serine 175.5 mg Tyrosine 139

mg 1 Minimum doses have been calculated as 5% of each specific amino acid Mean Intake with a reference weight of 70 kg (IOM 2005). 2 Maximum dose (CNF 2015; Tomar and Shiao 2008; Travis et al. 2008; IOM 2005). Direction(s) for use No statement required. Duration(s) of Use No statement required. Risk Information Caution(s) and warning(s) No statement required. Contraindication(s) No statement required. Known adverse reaction(s) No statement required. Non-medicinal ingredients Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations (NHPR). Specifications The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID. References Cited CNF 2015: Canadian Nutrient File. Canadian Nutrient File, Ottawa (ON): Food and Nutrition, Health Canada. [Accessed 2019 May 27]. Available from: https://food-nutrition.canada.ca/cnf-fce/switchlocale.do?lang=en&url=t.search.recherche CFIA 2016: Canadian Food Inspection Agency. Food Labelling for Industry, Ottawa (ON): Canadian Food Inspection Agency and Health Canada. Internet. [Accessed 2019 June 17]. Available from: http://www.inspection.gc.ca/food/requirements/labelling/industry/eng/1383607266489/1383607344939 IOM 2005: Institute of Medicine of the National Academies. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Food and Nutrition Board, [Accessed 2019 June 3]. Available from: https://www.nal.usda.gov/sites/default/files/fnic_uploads/energy_full_report.pdf Liu J, Chang SK, Wiesenborn D. Antioxidant properties of soybean isoflavone extract and tofu in vitro and in vivo. Journal of Agricultural and Food Chemistry 2005;53(6):2333-40. Tomar RS, Shiao R. Early life and adult exposure to isoflavones and breast cancer risk. Journal of Environmental Science and Health. Part C, Environmental Carcinogenesis & Ecotoxicology Reviews 2008;26(2):113-173. Travis RC, Allen NE, Appleby PN, Spencer EA, Roddam AW, Key TJ. A prospective study of vegetarianism and isoflavone intake in relation to breast cancer in British women. International Journal of Cancer 2008;122:705-10. USDA 2019: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN) [Internet]. 2006. Glycine max (L). Merr. Beltsville (MD): National Germplasm Resources Laboratory. [Accessed 2019 May 27]. Available from: https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysimple.aspx Wang Q, Ge X, Tian X, Zhang Y, Zhang J, Zhang P. Soy isoflavone : The multipurpose phytochemical (Review). Biomedical Reports 2013;1(5):697-701. References Reviewed Cederroth CR, Auger J, Zimmermann C, Eustache F, Nef S. Soy, phyto-oestrogens and male reproductive function: a review. International Journal of Andrology 2010;33(2):304-16. Chavarro JE, Toth TL, Sadio SM, Hauser R. Soy food and isoflavone intake in relation to semen quality parameters among men from an infertility clinic. Human Reproduction 2008;23:2584- 2590 Doerge DR. Bioavailability of soy isoflavones through placental/lactational transfer and soy food. Toxicology and Applied Pharmacology 2011;254(2):145- Wang H-J, Murphy PA. Mass balance study of isoflavones during soybean processing. Journal of Agricultural and Food Chemistry 1996;44(8):2377-2383. Yu C, Tai F, Zeng S, Zhang X. Effects of perinatal daidzein exposure on subsequent behavior and central estrogen ? expression in the adult male mouse. Progress in Neuro- Psychopharmacology and Biological Psychiatry 2013;43:157-167. Report a problem on this page Date modified: 2019-03-01

MEDICINAL INGREDIENT(S)

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in theNatural Health Products Regulations(NHPR).

DOSAGE FORM(S)

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

DOSE(S)

2Maximum dose (CNF 2015; Tomar and Shiao 2008; Travis et al. 2008; IOM 2005). Source of (non-essential) amino acids involved in muscle protein synthesis Method of preparation: Defatted, ground 5.5 - 8 grams of defatted soy flour, per day (CNF 2015; Travis et al. 2008; IOM 2005). Method of preparation: Powder 7.5 - 8 grams of soy flour, per day (CNF 2015; Travis et al. 2008; IOM 2005). Note:If soy flour and defatted soy flour are combined, 7.5 grams should be used as the minimum total daily dose and 8 grams as the maximum total daily dose. OR Method of preparation: Standardized Powder Non-Essential amino acidsMinimum dose of amino acid (milligrams/day)1Maximum dose of Soy flour and/or Defatted soy flour (grams/day)2Alanine181.5 mg8 gArginine208.5 mgAspartic acid325 mgGlutamic acid750 mgGlycine160 mgProline259.5 mgSerine175.5 mgTyrosine139 mg 1Minimum doses have been calculated as 5% of each specific amino acid Mean Intake with a reference weight of 70 kg (IOM 2005). 2Maximum dose (CNF 2015; Tomar and Shiao 2008; Travis et al. 2008; IOM 2005). Direction(s) for use No statement required. Duration(s) of Use No statement required.

RISK INFORMATION

Caution(s) and warning(s) No statement required. Contraindication(s) No statement required. Known adverse reaction(s) No statement required.

NON-MEDICINAL INGREDIENTS

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in theNatural Health Products Regulations(NHPR).

STORAGE CONDITION(S)

Must be established in accordance with the requirements described in theNatural Health Products Regulations(NHPR).

SPECIFICATIONS

The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.The medicinal ingredient must comply with the requirements outlined in the NHPID.

REFERENCES

1Defatted flour refers to preparations where the oil has been removed. Route of Administration Oral

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation		
Glycine max	Soybean FlourSoy Flour	Glycine max	Seed	Dry
Defatted soybean flour1Defatted soy flour1	Glycine max	Seed	Dry	

Essential amino acids	Minimum dose of amino acid (milligrams/day)1	Maximum dose of Soy flour and/or Defatted soy
Histidine	49 mg	8 g
Isoleucine	66.5 mg	
Leucine	147 mg	
Lysine	133 mg	
Methionine	66.5 mg	
Phenylalanine	115.5 mg	
Threonine	70 mg	
Tryptophan	17.5 mg	
Valine	84 mg	

Non-Essential amino acids	Minimum dose of amino acid (milligrams/day)1	Maximum dose of Soy flour and/or Defatted
Alanine	181.5 mg	8 g
Arginine	208.5 mg	
Aspartic acid	325 mg	
Glutamic acid	750 mg	
Glycine	160 mg	
Proline	259.5 mg	
Serine	175.5 mg	
Tyrosine	139 mg	