

Soy Linked To Less Osteoporosis

By ACSH Staff — November 9, 2015



[1]
[soy beans via shutterstock](#) [2]

A preliminary study presented at the Society for Endocrinology annual conference in Edinburgh, UK reported that isoflavones, a type of phytoestrogen found in soy and other legumes, may protect menopausal women against osteoporosis.

The study split 200 menopausal women into two groups: one received a supplement containing soy proteins and isoflavones and the other received a supplement containing just the soy proteins.

The women took the supplements every day for 6 months, then the researchers examined blood for two markers of bone health, \hat{I}^2 CTX and P1NP. Although osteoporosis diagnosis is not based on these markers, both \hat{I}^2 CTX, a prominent marker of bone loss, and P1NP, a marker of bone formation, correlate well with the disease's presence.

The researchers reported that women in the treatment group had significantly lower levels of the \hat{I}^2 CTX when compared to women taking the control supplement.

There are qualifiers: The study was small, the results are preliminary, and [it is unclear how effective markers like \$\hat{I}^2\$ CTX and P1NP are for diagnosing osteoporosis](#) [3].

But it does highlight the importance of real, controlled, double-blind trials to determine the effectiveness of dietary supplements. If the science checks out on isoflavones it would be a huge benefit for the millions of women who experience osteoporosis as they go through menopause. Until then taking isoflavones, or other soy-based supplements, may lead to a false sense of health security.

COPYRIGHT © 1978-2016 BY THE AMERICAN COUNCIL ON SCIENCE AND HEALTH

Source URL: <https://www.acsh.org/news/2015/11/09/soy-linked-to-less-osteoporosis>

Links

[1] http://acsh.org/wp-content/uploads/2015/11/shutterstock_242693881.jpg

[2] <http://shutterstock.com>

[3] <http://emedicine.medscape.com/article/128567-overview>