

# Revival Soy Products For Menopause Relief Are Heart-Healthy According To The FDA

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Revival Products Inc., a business based in Kernersville, North Carolina, has announced that all of their shakes, bars, chips, soy pasta, soy nut, “soy” coffee and other [soy products for menopause relief](#) have met the FDA’s criteria for heart-healthy soy foods. While the Revival soy products are primarily intended for helping provide relief from menopause discomforts, studies have also shown that soy may also be beneficial for heart health.

Scientists became interested in the possible role of soy in decreasing hot flashes in menopausal women after demographic studies have shown that only 10 to 20 percent of women living in Asia, where the diet is rich in soy, suffered from hot flashes during menopause. In contrast, about 80 to 90 percent of Western women experienced hot flashes. Meanwhile, scientific studies for the past 20 years or more have indicated that soy can help in relieving mild common discomforts that are related to menopause.

In a more recent menopause research study, they compared the effectiveness of a soy shake or a placebo on discomforts due to menopause in 60 Brazilian women aged 40 to 60 years and had become menopausal. The results of this randomized, double-blind, placebo-controlled study served to confirm the potential benefits of dietary soy in helping provide relief for mild common discomforts that accompany menopause.

With regards to heart health, the FDA had reviewed human clinical studies on the relationship between soy and cholesterol for several years. The result was that the FDA had concluded that diets low in saturated fat and cholesterol combined with 25 grams of soy protein added daily may be able to decrease the risk of heart disease. According to Revival Products, the 25 grams of soy protein can easily be achieved by ingesting a single Revival bar or shake and a Revival snack. This is because each Revival Soy shake or bar contains 20 grams of soy protein and each Revival Baked Soy Chips snack has 7 grams of soy protein.

Revival Products also offers [soy protein weight loss shakes](#) because research studies have suggested that it can contribute substantially to people in achieving their weight loss goals.

Suzanne Tabor, president of Revival Products, says, “As we grow older and exercise less, the task of staying fit and trim becomes more difficult. Revival, combined with a sensible diet and exercise is a great answer. If you’re tired of “magic pills” and fad diets, Revival is a healthy alternative that really works. This is because our Revival soy products will cause no rapid increase in blood sugar levels and they can decrease hunger cravings.”

Furthermore, a significant number of research studies have indicated that consuming soy protein can help with weight loss. This is because high quality protein can be obtained from soy protein and this can help in building lean muscle mass. Soy protein can also be a good source of energy from branched-chain amino acids and calories.

First of all, soy protein helps people feel full and satisfied. Recent studies have indicated that soy protein can help people feel less hungry and they feel full for a longer period of time. Thus, the tendency to snack between meals and late at night is reduced. Second, soy protein has a low glycemic index. This means that unlike glucose, it does not cause a rapid increase in blood sugar levels after consumption. Third, it is the only plant protein available that has less fat and less calories compared to many meats. Meanwhile, people don't have to worry about genetic modifications because Revival soy products are produced from genetically pure soybeans.

Suzanne Tabor explains how to lose weight with Revival soy protein. She says, "It's simple. Enjoy a naturally-concentrated (6x) Revival protein bar or protein shake containing 20 grams of protein once or twice daily with a multivitamin in place of a meal to reduce your overall calorie intake. Use Revival Baked Soy Protein Chips and other protein snacks to boost protein intake, decrease between-meal/late-night snacking & increase energy (protein is a good source of caloric energy). Use as part of any diet plan."

Those who would like to know more about the Revival [shakes for menopause](#) can view their website or contact them on the telephone or through email.

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