

ON-LINE SUPPLEMENTARY MATERIAL

Soy protein supplementation in males following radical prostatectomy: a 2-year randomized, placebo-controlled clinical trial

Authors:

Maarten C. Bosland, Erika Enk, Joanne Schmoll, Michael J. Schlicht, Carla Randolph, Ryan J. Deaton, Hui Xie, Anne Zeleniuch-Jacquotte, and Ikuko Kato

SUPPLEMENTARY TABLE 2 Demographic Supplement Nutritional Information
(Calculated per 47 g Daily Serving) – Adapted from Reference 22 with permission

Nutrient	Amount per serving	% of daily value ¹
Protein	20 g ²	36, 40
Total carbohydrate	21 g	16, 7
Sugars	20 g	n/a
Total fat	1 g ²	n/a, 1.5
Calories	175 kcal	~9 ³
Total isoflavones	41 mg ⁴	n/a
Genistein	24 mg ⁴	n/a
Sodium	200 mg ²	15, 8
Calcium	700 mg ²	70, 70
Phosphorus	500 mg	71, 50
Magnesium	40 mg	9.5, 10
Vitamin A	500 IU	17, 10
Vitamin C	2.4 mg	2.7, 4
Vitamin D	100 IU	17, 25
Vitamin B6	0.12 mg	7, 6
Vitamin B12	0.9 µg	38, 15
Thiamin	0.09 mg	7.5, 6
Folate	60 µg	15, 15
Riboflavin	0.4 mg	31, 24
Pantothenic acid	0.8 mg	16, 8
Zinc	0.9 mg	8, 6
Iron	3.6 mg	45, 20

¹ % of dietary reference intake (DRI); the first number is based on the current Recommended Daily Allowances and Adequate Intakes based on the DRIs of the Nutrition Board of the Institute of Medicine ²¹ and the second number is based on the current food labeling regulations of the USFDA based on a 2,000 kcal/day diet with 50 g protein.²² Amounts of saturated fats, cholesterol, and dietary fiber were negligible

² The actual measured amounts were 19.2 and 19.8 g protein, 1.12 and 0.68 g total fat, 196 and 184 mg sodium, 707 and 707 mg calcium for soy and placebo products, respectively.

³ % of a 2000 kcal diet.

⁴ Isoflavones (as aglycone equivalents) from soy not present in the placebo product.

n/a = not applicable.