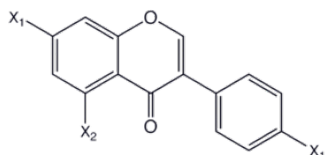


## ISOFLAVONAS

Mayo 2012

### Descripción

Compuestos orgánicos polifenólicos del grupo de los flavonoides, presentes en varios vegetales pero especialmente en semillas de leguminosas. Las de mayor presencia son la daidzeína y la genisteína.



### Seguridad y Efectos Adversos

Efectos hormonales	Sin evidencia en cantidades recomendadas
Otros efectos	Evidencia fuerte de ausencia de efectos tóxicos, mutagénicos, citotóxicos, no afectan las funciones reproductivas ni de desarrollo, y no producen carcinogénesis

### Beneficios Postulados y Grados de Evidencia

Condición	Fuerza de la Evidencia	Observaciones
Osteoporosis	Moderada	Estudios observacionales con soja entera
Sofocos	Moderada	Sólo en mujeres susceptibles
Enfermedad Cardiovascular	Insuficiente	
Cancer Mama	Débil	Estudios observacionales con soja entera
Cognitivos	Insuficiente	
Cancer Prostata	Moderada	Estudios observacionales con soja entera

### Osteoporosis

Evidencia epidemiológica de menor incidencia de fractura de cadera en mujeres postmenopáusicas atribuibles a mayor mineralización probablemente como consecuencia de menor presencia de aminoácidos azufrados en la proteína de soja y/o isoflavonas – efecto no significativo en preparados aislados con isoflavonas

### Sofocos

Evidencia epidemiológica de alivio y/o menor presencia de sofocos en mujeres susceptibles (30 a 40% según los estudios) en respuesta a tratamientos con preparados aislados con isoflavonas

#### Cáncer de mama

Evidencia epidemiológica de menor incidencia en poblaciones con consumo de soja conteniendo al menos 15 gramos diarios de proteína de soja en forma continua - efecto no significativo en preparados aislados con isoflavonas

#### Cáncer de próstata

Evidencia epidemiológica de menor incidencia y especialmente menor mortalidad por cáncer de próstata en poblaciones con consumo de soja conteniendo al menos 15 gramos diarios de proteína de soja en forma continua - efecto no significativo en preparados aislados con isoflavonas

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