



INGREDIENTS THAT CONTAIN SOY

SOY PRODUCTS

Edamame
Soy "meat"
(meatless products made of TVP)
Soy beans *(or soybeans)*
Soy bran
Soy cheese
Soy ice cream
Soy yogurt
Soy infant formula
Soy nut butter
Soy nuts
Soy sauce
Soy
Shoyu sauce
Soya flour
Soybean oil
Soybean paste
Soymilk
Tamari
Tempeh
Textured soy flour or *(TSF)*
Textured soy protein *(TSP)*
Textured vegetable protein *(TVP)*
Tofu

SOY DERIVATIVES

Hydrolyzed soy protein *(HSP)*
Lecithin
(often derived from soy but may be derived from egg)
Monosodium glutamate
(or MSG)
Natural flavoring
(always contact the manufacturer as natural flavorings often contain soy)
Soy albumin
Soy concentrate
Soy fiber
Soy protein isolate
Soy protein concentrate
Soy isolate fiber

INGREDIENTS LIKELY TO CONTAIN SOY

Fish sauce
Gelatin
Oyster sauce
Teriyaki
Vegetable broth
(always contact the manufacturer to verify the source)
Vegetable gum
(always contact the manufacturer to verify the source)
Vegetable oil
(always contact the manufacturer as this may indicate soybean oil, corn oil or a mixture of both)
Vegetable starch
(always contact the manufacturer to verify the source)
Vitamin E
*(always contact the manufacturer to verify the source)**

*Note from Tom

Most supplement manufacturers use vitamin E that has added soy oil in it. Thorne Research is the only manufacturer that I know of in the US that asks to have their vitamin E pulled from the production line before soy oil is added in to thin out the final product that you normally find on store shelves.

