**Table 1. Baseline anthropometric, hormonal and biochemical measurements between the soy protein with (SPI) and without (SP) isoflavones.**

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| **Parameters** | **SPI (n=100)** | **SP (n=100)** |
| Age (years) | 52 (49, 56) | 52 (50, 55) |
| Body mass index (kg/m2) | 26.3 (24.3, 30.7) | 24.6 (22.7, 28.4) |
| Systolic blood pressure (mmHg) | 121 (110, 137) | 128 (113, 141) |
| Diastolic blood pressure (mmHg) | 77 (69, 88) | 79 (72, 83) |
| aFasting glucose (mg/dL) | 90 (86.4, 99.0) | 86.4 (82.8, 93.6) |
| bFasting insulin (µIU/mL) | 4.6 (3.4, 6.7) | 4.4 (3.2, 7.4) |
| HOMA-IR | 1.0 (0.7, 1.5) | 0.9 (0.7, 1.6) |
| hs CRP (mg/L) | 1.3 (0.6, 2.2) | 1.3 (0.9, 2.7) |
| cTC (mmol/L) | 5.98 (5.38, 6.54) | 5.66 (4.98, 6.37) |
| LDL-C (mmol/L) | 3.3 (2.9, 3.9) | 3.3 (2.7, 3.9) |
| HDL-C (mmol/L) | 1.66 (1.45, 1.88) | 1.70 (1.46, 2.10) |
| dTriglycerides (mmol/L) | 1.08 (0.85, 1.36) | 1.08 (0.84, 1.33) |
| Daidzein (ng/mL) | 0.73 (0.49, 2.37) | 0.82 (0.49, 2.65) |
| Genistin (ng/mL) | 1.43 (0.56, 4.2) | 1.66 (0.71, 6.98) |
| Equol (ng/mL) | 0.49 (0.47, 0.51) | 0.49 (0.46, 0.54) |
| FSH (IU/L) | 77 (57, 97) | 71 (49, 89) |
| LH (IU/L) | 32 (25, 42) | 29 (27, 38) |

*SPI (15 g soy protein with 66 mg of isoflavones); SP (15 g soy protein alone isoflavone free)*

*Data given as Mean (SEM). aTo convert values for glucose to milligrams per deciliter, divide by 0.056.*

*bTo convert values for insulin to picomoles per liter, multiply by 6. cTo convert values for cholesterol to milligrams per deciliter, divide by 0.0259. dTo convert values for triglycerides to milligrams per deciliter, divide by 0.0113. TC - Total cholesterol; LDL-C - LDL-cholesterol; HDL-C - HDL cholesterol; TG-Triglycerides. HOMA-IR – Homeostasis model of assessment – insulin resistance.*

*hs CRP – highly sensitive C-reactive protein. FSH – follicle stimulating hormone, LH – Luteinising hormone*