

Table 1							
Studies Evaluating Soy, Isoflavones for Treatment of Vasomotor Symptoms							
Study	N (#)	Intervention	Isoflavone Dose	Length of Study	Outcomes Measured	% Decrease in Flashes	
						Soy vs. Placebo	Other Results/Misc
<i>Soy foods, beverages, powders</i>							
Washburn ³⁰	51	soy protein supplement	34 mg QD 17 mg BID	3- 6 wk periods	hot flash frequency, severity	unavailable	↓ hot flash severity in BID group*
Albertazzi ⁴⁷	104	soy protein supplement	76 mg QD	3 months	# hot flashes/day Kupperman Index	45% vs. 31%*	no change in Kupperman index
Murkies ³¹	58	soy flour supplement	(45 g flour)	6 wks	menopausal sx score	40% vs. 25%*	
St. Germain ⁴⁸	69	soy protein	80 mg QD	24 wks	menopausal index	57% vs. 76%	
Van Patten ²⁸	80	soy protein beverage	4 mg QD 90 mg QD	12 wks	hot flash frequency x severity	54% vs. 76% 30% vs. 40%	women with breast cancer stratified for tamoxifen
Burke ²⁷	241	soy beverages	42 mg QD 58 mg QD	2 years	hot flash frequency, severity	42% vs. 75% 59% vs. 75%	excluded women who ate soy
Knight ²⁹	24	soy beverage	77 mg QD	12 wks	Greene climacteric scale FSH, SHBG	43% vs. 20% 25% of treatment group withdrew	no effect on labs
<i>Soy extracts</i>							
Quella ³⁴	177	soy supplement tablets	50 mg TID	9 wks	hot flash frequency	35% vs. 38%	breast cancer survivors, 156 on tamoxifen
Scambia ³⁹	39	standardized soy extract (Soyselect)	50 QD	6 wks	Greene climacteric scale	44% vs. 24%*	no effect on endometrium
Upmalis ⁴⁰	177	isoflavone extract	50 mg QD	12 wks	hot flash frequency, severity	28% vs. 19%*	no effect on endometrium
Faure ³²	75	isoflavone extract	70 mg QD	4 months	hot flash frequency % having 50% ↓ (responders)	61% vs. 21%* 66% vs. 34%*	31% of soy group withdrew vs. 10% of controls
Penotti ³³	62	isoflavone extract	72 mg QD	6 months	hot flash frequency	40% vs. 40%	no effect on endometrium
Han ⁴²	80	soy protein isoflavone	83.6 mg QD	4 months	Kupperman index	27% vs. 1%*	no effect on endometrium
Nikander ³⁵	62	isoflavonoids	54 mg BID	3 mo crossover 2 mo washout	Kupperman index work ability index depression screen menopausal VAS	10% vs. 14%	serum phytoestrogen levels ↑ Both groups significantly improved depression and Kupperman index All history of breast cancer, no tamoxifen
* Statistically significant finding							