Soy Isoflavones oral dosage forms

MEDICATION GUIDE

NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine talk to your doctor, pharmacist, or health care provider.

What is this medicine?
SOY ISOFLAVONES (soi iso FLA vons) is an herbal product or dietary supplement. It is promoted to help support hormone balance and to relieve some symptoms of menopause. The FDA has not approved this herb for any medical use. This supplement may be used for other purposes; ask your health care provider or pharmacist if you have questions.

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How should I use this medicine?
Take by mouth with a glass of water. Follow the directions on the package labeling or ask your health care professional. Take with food or meals. Do not take this supplement more often than directed.
Talk to your pediatrician regarding the use of this supplement in children. Special care may be needed.

Overdosage: If you think you have taken too much of this medicine contact a poison control center or emergency room at once.

NOTE: This medicine is only for you. Do not share this medicine with others.

What if I miss a dose?
If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.

What should I tell my health care provider before I take this medicine?
They need to know if you have any of these conditions:
• Cancer
• Kidney disease
• Liver disease
• Taking hormone therapy or told to not take hormone therapy
• Thyroid disease
• An unusual or allergic reaction to soy, soybeans, peanuts or other legumes, other herbs or plants, other medicines, foods, dyes, or preservatives
• Pregnant or trying to get pregnant
• Breast-feeding

What may interact with this medicine?
Check with your doctor or healthcare professional if you are taking any of the following medications:
• Hormone therapy like birth control, fertility treatments, or hormone replacement medicines
• Medicines for cancer
• Other supplements like red clover

This list may not describe all possible interactions. Give your health care provider a list of all the medicines, herbs, non-prescription drugs, or dietary supplements you use. Also tell them if you smoke, drink alcohol, or use illegal drugs. Some items may interact with your medicine.

What side effects may I notice from receiving this medicine?
Side effects that you should report to your doctor or health care professional as soon as possible:
• Allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue
• Breathing problems

Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome):
• Constipation or diarrhea
• Gas
• Nausea
• Stomach upset
This list may not describe all possible side effects. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What should I watch for while using this medicine?

Tell your doctor or healthcare professional if your symptoms do not start to get better or if they get worse.

Follow a healthy diet. Taking a vitamin supplement does not replace the need for a balanced diet. Some foods that have soy are soybeans, tofu, tempeh, miso, soy milk, and soy cheese.

If you are scheduled for any medical or dental procedure, tell your healthcare provider that you are taking this supplement. You may need to stop taking this supplement before the procedure.

Herbal or dietary supplements are not regulated like medicines. Rigid quality control standards are not required for dietary supplements. The purity and strength of these products can vary. The safety and effect of this dietary supplement for a certain disease or illness is not well known. This product is not intended to diagnose, treat, cure or prevent any disease.

The Food and Drug Administration suggests the following to help consumers protect themselves:

• Always read product labels and follow directions.
• Natural does not mean a product is safe for humans to take.
• Look for products that include USP after the ingredient name. This means that the manufacturer followed the standards of the US Pharmacopoeia.
• Supplements made or sold by a nationally known food or drug company are more likely to be made under tight controls. You can write to the company for more information about how the product was made.

Where should I keep my medicine?

Keep out of the reach of children.

Store at room temperature or as directed on the package label. Protect from moisture. Throw away any unused supplement after the expiration date.

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