

# Hydrolyzed Soy Protein

## Side Effects

While HSP is considered safe for most people when consumed in moderation, there are some potential hydrolyzed soy protein side effects to consider including:



Indigestion



Headache



Nausea



Obesity



Diabetes



Allergic  
Reactions



# Soy In Hlth And Disease Prev

**J Ma**



## **Soy In Hlth And Disease Prev:**

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Preedy,2025-07-22 This book explores the vital role of proteins in human health through 40 in depth chapters organized into four comprehensive sections which include Introductory Concepts Foods of Animal Origin Foods of Plant Origin and Resources The book delves into the biochemical processes behind protein metabolism and its influence on a wide range of health conditions Aimed at educating readers on the diverse sources and types of protein it provides valuable insights into how both plant and animal proteins contribute to disease prevention and overall wellness Features Chapters feature subsections titled Effects of other Proteins to aid comparative interpretation Contains a mini dictionary of terms and summary points in each chapter to facilitate clear understanding Highly illustrated with figures and multiple tables in each chapter Chapter contributors represent global coverage Plant and Animal Proteins in Health and Disease Prevention is written for nutritionists food scientists health care professionals research scientists and practitioners and policy makers It is also practically designed for professors students and libraries **History of Soy Nutritional Research (1990-2021)**

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