The effect of Soy protein on cardiovascular disease (CVDs): A systemic review

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Cardiovascular disease (CVD) has been considered as the major cause of mortality rate all over the world. There are several epidemiological indications which prove that soy protein can potentially help decrease the risk of developing cardiovascular diseases. This comment agrees with the results of different meta-analysis studies. The US FDA approved a health claim in 1999 according to which a relationship exists between consumption of soy protein and the reduced risk of cardiovascular diseases. Soy protein contains some bioactive component such as globulin fractions (7s and 11s) isoflavones and other parts. Soy protein reduces serum cholesterol and LDL and/or Triglyceride and enhances High Density Lipoprotein(HDL). Several studies have also indicated the effect of soy protein components serum cholesterol and LDL and/or Triglyceride and enhance HDL. Some studies have shown the effect of soy protein components on modification of hormone secretion. Inflammation, Vascular Reactivity, Blood Pressure, and Thrombosis can be considered as other mechanisms that account for the reduction of cardiovascular disease effect of isoflavones or soy proteins. In this study, the primary mechanisms for any bioactive component of soy protein in decreases cardiovascular diseases and their reasons will be considered. However CVDs risks, remain a lot unknown.

Keywords Soy protein**;** Cardiovascular disease; Coronary heart disease; LDL; HDL

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