

March 30, 2005

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Office of Nutritional Products, Labeling and Dietary Supplements  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
5100 Paint Branch Parkway, HFS-830  
College Park, MD 20740-3835

Re: Docket: 2004Q-0151 - Qualified Health Claim: Soy Protein and Cancer

Dear Dr. Shimakawa:

I am writing to request that the FDA hold a public hearing on the proposed soy-protein-prevents-cancer health claim. I protest this claim and believe a hearing would allow opposing evidence to come to light.

This erroneous claim would cause health-conscious, but misinformed, Americans to increase their soy consumption, at great risk to their health. The claim would greatly increase the sales of soy foods in this country, bringing enormous profits to the soy and food processing industries, while harming individual consumers.

I am deeply troubled by the prospect of a soy protein/cancer health claim for the following reasons (find more in the recent book *The Whole Soy Story* by Kaayla Daniel):

- There is no consensus among experts that soy prevents cancer.
- Substantial evidence exists showing that soy can contribute to or even cause cancer, including breast cancer.
- Cancer statistics and epidemiological studies suggest that soy protein consumption might contribute to lower rates of some types of cancer but to higher rates of other types of cancer.
- The plant estrogens (isoflavones) contained in soy protein products can cause thyroid damage, reproductive disorders and other endocrine disruption.
- Soy is one of the top eight allergens, and its increased presence in the food supply would jeopardize the health and lives of many Americans.
- Several subsets of the population are at special risk, including people suffering from hypothyroidism and cancer.

For the above reasons, I urge the FDA to hold a public hearing on soy protein and to reject the proposed qualified soy-prevents-cancer health claim.

Thank you,

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