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Phytoestrogens and cognitive function: Data from observational and treatment studies

Phytoestrogens found in soy products such as tofu have been shown to exert protective effects on brain function. However, in this talk we review the data from observational and treatment studies which show discrepant results. Many studies have either shown no associations or even negative associations. The importance of age and estrogen status, duration of treatment and ethnicity will be discussed

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