

EXCLUSIVE ANNOUNCEMENT

After Nearly 40 Years, Haelan 951 Enters a Menopause Clinical Trial: Why We Could Not Be More Excited

An exclusive report from NFSResearch.com

We have been covering the science of nitrogen-fermented soy for a long time, and rarely do we get to break news like this. NFS Research has learned, and is excited to share exclusively, that Haelan Products Inc. has quietly been working toward a formal clinical trial of Haelan 951 for the relief of menopause symptoms, and that trial is now underway.

For those of us who have followed this product, the announcement carries real weight. For nearly 40 years, Haelan 951 has accumulated something most supplements never do: a long trail of self-reported results from the women who use it and feedback from the healthcare providers who recommend it. We have read those accounts, heard from those providers, and watched the consistency of the reports build over decades. What has been missing is the one thing that turns anecdote into evidence: a structured clinical study. That is exactly what is now happening, and as a third-party observer of this category, we think it is long overdue and genuinely exciting.

To be clear about our vantage point: NFS Research is not conducting this trial. Haelan Products Inc. is. Our role is to report on the science and to explain why this particular product, a nitrogen-fermented whole-soy concentrate, is so well suited to the question the study is asking. So here is the why behind our enthusiasm.

Why This Trial Matters, and Why Now

Menopause is defined by a decline in estrogen, and that decline drives the symptoms women know all too well: vasomotor episodes such as hot flashes and night sweats, sleep disruption, mood changes, vaginal dryness, and accelerated bone loss. Hormone replacement therapy remains the most effective medical option, but many women cannot or prefer not to use it because of concerns about long-term safety, including cardiovascular and cancer-related risks.

That gap, between women who want relief and women who are comfortable with conventional hormone therapy, is exactly where soy isoflavones have drawn serious scientific attention. And it is exactly where Haelan 951 has quietly lived for almost four decades. The pattern we have observed over that time, consistent self-reported relief and steady provider feedback, is precisely the kind of signal that deserves to be put to a formal test. A clinical trial does not replace those decades of real-world experience; it validates and characterizes them. That is why we believe this moment is worth marking.

The Science: How Soy Isoflavones Work

Soybeans contain a family of compounds called isoflavones, the most important of which are genistein and daidzein. These molecules are structurally similar to 17-beta-estradiol, the body's primary form of

estrogen, which allows them to bind to the same estrogen receptors and act as selective estrogen receptor modulators, often abbreviated as SERMs.

Selective action at estrogen receptor beta

The human body has two main estrogen receptor types, alpha and beta. Genistein and daidzein bind preferentially to estrogen receptor beta rather than alpha. This selectivity matters a great deal. Receptor beta is concentrated in tissues such as bone, the brain and hypothalamus, and blood vessels, while receptor alpha predominates in reproductive tissues such as the breast and uterus. By favoring beta, isoflavones can exert estrogen-like benefits where they are most needed during menopause while having weaker, and sometimes opposing, activity in tissues where unopposed estrogen stimulation is a concern.

The presence of estrogen receptor beta in the hypothalamus, the brain's thermoregulatory center, offers a plausible biological explanation for why isoflavones can blunt hot flashes. As natural estrogen falls during menopause, this thermoregulatory system becomes destabilized; isoflavones may help restore a measure of that lost signaling.

Beyond the hormone receptor

Isoflavones are not only weak phytoestrogens. They also exert non-hormonal effects, including inhibition of aromatase activity, antioxidant action, and modulation of cell-signaling pathways. Genistein in particular is a potent antioxidant. These additional mechanisms may contribute to the bone, vascular, and metabolic benefits reported in the literature.

What the Clinical Evidence Shows

Research on soy isoflavones spans more than 25 years, and while individual trials have been mixed, the weight of pooled evidence supports a meaningful effect on the symptoms women care about most:

- Hot flash frequency and severity: A landmark systematic review and meta-analysis of randomized controlled trials by Taku and colleagues found that soybean isoflavones significantly reduced hot flash severity by roughly 26 percent compared with placebo, alongside a reduction in frequency.
- Broader symptom relief: A 2024-2025 systematic review and meta-analysis of perimenopausal women found soy isoflavones effective for treating menopausal symptoms overall, with signals across hot flashes, depressive symptoms, and excessive sweating.
- Bone health: Meta-analytic evidence indicates isoflavones can improve bone mineral density and help attenuate the postmenopausal bone loss that accelerates as estrogen declines, with the strongest evidence at the lumbar spine.
- Vaginal and quality-of-life measures: Pooled analyses also point to modest relief of vaginal dryness and improvements in menopausal quality of life.

- Favorable safety profile: At dietary levels, isoflavones are consistently regarded as safe and well tolerated, which is a central reason they appeal to women who are unable or unwilling to use conventional hormone therapy.

It is worth being candid about the literature: results vary across studies, and part of that variability comes from differences in the type and dose of isoflavone preparation used, as well as individual differences in how women's gut bacteria metabolize daidzein. Trials using preparations that mirror the natural isoflavone profile of the whole soybean have tended to perform better. That observation points directly to why the form of soy matters, and to what makes Haelan 951 distinctive.

Why Haelan 951

Haelan 951 is a nitrogen-fermented concentrate made from whole soybeans. Two features of this product are directly relevant to the science above.

Fermentation unlocks the active form

In non-fermented soy foods such as soybeans, tofu, and soy milk, isoflavones exist mostly as glycoside conjugates, meaning they are bound to a sugar molecule. The body must cleave that sugar before the isoflavone can be absorbed. In fermented soy, by contrast, isoflavones appear largely as their unconjugated aglycone forms, which are positioned for more direct absorption. Because fermentation has already done part of the work, the active genistein and daidzein in a fermented product are more readily available to the body. This bioavailability advantage is, in our view, a central reason a fermented whole-soy concentrate is such a compelling delivery vehicle, and a big part of why we are glad to see it studied formally.

The whole-soybean isoflavone profile

Haelan 951 is derived from the whole soybean rather than soy germ or a narrow extract, so it carries the natural balance of genistein, daidzein, and glycitein. As noted above, preparations that preserve the whole-soybean profile, where genistein is the dominant isoflavone, have shown better outcomes in the clinical literature than preparations with an altered balance. Haelan 951 delivers compounds in the proportions the research most consistently supports.

The Trial Protocol: Dosing

Participants in the trial will take Haelan 951 on a simple, twice-daily schedule designed to maintain steady levels of active isoflavones throughout the day:

Time of Day	Dose
Morning	1 ounce (taken at the start of the day)
Evening	1 ounce (taken later in the day)

Total daily intake: 2 ounces of Haelan 951, divided into a morning ounce and an evening ounce. Splitting the dose helps sustain isoflavone availability across waking and sleeping hours, which is relevant given that night sweats and sleep disruption are among the symptoms under study.

What We Will Be Watching For

As observers, what excites us is the prospect of finally seeing, with the rigor of a formal study, how a twice-daily protocol of nitrogen-fermented whole-soy concentrate affects the menopause symptoms women report most: hot flashes and night sweats first, alongside sleep, mood, and overall quality of life. For almost 40 years the testimonials and provider feedback have pointed in a promising direction. A clinical trial is how that direction gets measured.

We will be following this study closely and reporting on it as it progresses. Credit belongs to Haelan Products Inc. for committing to the harder, slower path of formal research after decades of quiet work. To follow the trial and the broader science of nitrogen-fermented soy, stay connected with us at NFSResearch.com.

Disclaimer

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