

<b>Supplemental Table 1. Hormone and protein concentrations in nipple aspiration fluid (NAF) samples</b>						
Parameter	Soy group (n=26)		Placebo group (n=20)			P value
	entry	6-month	entry	6-month	Difference	
<b>NAF volume (ul)</b> all	15.0 (4.0, 17.5)	8.0 (4.0, 16.0)	14.0 (8.0, 39.5)	11.5 (5.5, 23.0)	-1.0 (-7.0, 5.0)	0.63
Post-menopausal	5.0 (3.5, 12.5)	6.0 (2.5, 11.0)	13.0 (5.0, 42.0)	11.0 (6.0, 19.0)	-1.5 (-6.0, 5.0)	0.91
Pre-menopausal	16.0 (10.0, 30.0)	12.0 (6.0, 55.0)	15.0 (8.0, 37.0)	12.0 (5.0, 27.0)	-0.8 (-7.8, 4.0)	0.63
<b>Estradiol (pg/ml)</b> all	213.9 (111.2,1252.6)	352.3 (93.7, 372.6)	104.2 (27.7, 177.6)	90.5 (52.9,249.6)	0.0 (-298.6, 45.4)	0.46
Post-menopausal	276.5 (179.9, 1084.0)	357.2 (249.1, 362.2)	110.8 (45.1, 350.6)	76.8 (49.7, 238.2)	0.0 (-171.0, 36.7)	0.99
Pre-menopausal	116.4 (55.0, 1252.6)	206.3 (93.3, 372.6)	104.2 (23.2, 177.6)	116.8 (52.9, 249.6)	-36.1 (-71.7, 271.1)	0.36
<b>Proteins (mg/ml)</b> all	82.0 (67.5,123.8)	76.2 (62.0,103.2)	102.1 (81.1, 129.0)	99.3 (79.4,132.5)	-3.6 (-27.9, 12.3)	0.27
Post-menopausal	91.5 (71.7, 120.7)	75.5 (47.4, 104.2)	102.5 (79.9,140.2)	96.7 (34.4,134.1)	-3.6(-43.6, 37.5)	0.91
Pre-menopausal	82.0 (63.0, 123.8)	76.2 (62.0, 103.2)	101.6 (82.3, 124.8)	101.8 (87.3, 125.1)	-3.8 (-21.0, 9.0)	0.12
<b>EGF (ng/ml)all</b>	390.1 (274.4, 589.5)	369.8 (238.5, 712.3)	306.4 (193.9, 687.6)	344.8 (158.3, 660.8)	10.5 (-48.1, 120.9)	0.30
Post-menopausal	500.5 (209.5, 742.6)	551.5 (207.9, 843.4)	292.1 (235.6, 742.6)	285.5 (173.8, 836.4)	84.9 (-38.2, 226.6)	0.25
Pre-menopausal	344.3 (274.4, 463.0)	358.4 (305.3, 468.6)	313.2 (152.3, 632.6)	383.2 (142.8, 658.2)	-5.8 (-54.8, 77.2)	0.84
<b>Cathepsin-D all (ng/ml)</b>	7032 (3605, 14499)	7511 (5063,17866)	7803 (3268, 10734)	9260 (4094, 18909)	1678 (-4095, 8429)	0.71
Post-menopausal	8235 (4673, 15132)	6726 (4000, 16334)	7812 (4155, 11095)	10208 (2935, 22760)	1282 (-4131, 4877)	0.64
Pre-menopausal	5985 (3605, 11374)	7511 (5456, 20073)	7793 (2687, 10374)	8311 (6832, 18226)	1054 (-5097, 6647)	0.94
<b>IGF-1 (ng/ml) all</b>	9.9 (8.0, 16.9)	11.4 (5.8, 18.3)	16.9 (6.0, 34.8)	23.3 (9.5, 30.0)	-1.0 (-3.8, 3.2)	0.83
Post-menopausal	8.3 (6.6, 11.2)	7.9 (5.0, 14.0)	16.2 (6.9, 20.0)	21.3 (9.5, 47.8)	-1.7 (-3.3, 2.6)	0.73

Pre-menopausal	11.4 (8.2, 18.0)	14.8 (6.6, 21.2)	18.4 (5.5, 36.6)	24.6 (11.8, 27.6)	0.3 (-3.8, 3.6)	0.88
	<b>Month 6 Values</b>		<b>Month 6 Values</b>			
<b>Genistein (ng/ml) all</b>	64.70 (30.40, 99.70)		5.80 (2.40, 14.55)		9.2 (-5.8, 66.9)	<0.0001
Post-menopausal	88.25 (43.00, 137.65)		12.80 (3.30, 28.20)		3.6 (-12.8, 92.5)	0.04
Pre-menopausal	35.20 (30.40, 78.30)		4.40 (2.00, 13.90)		8.5 (-4.4, 35.2)	<0.0001
<b>Daidzein (ng/ml) all</b>	46.00 (24.50, 124.20)		3.00 (1.70, 8.55)		9.0 (-3.0, 48.9)	< 0.0001
Post-menopausal	120.5 (35.3, 129.0)		2.8 (2.1, 12.5)		9.8 (-2.8, 121.6)	0.015
Pre-menopausal	39.6 (23.0, 114.2)		3.1 (1.6, 4.9)		7.9 (3.1, 39.6)	< 0.0001