



PATIENT & CAREGIVER EDUCATION

Sun Farms Vegetable Soup

This information describes the common uses of Sun Farms Vegetable Soup, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Sun Farms Vegetable Soup has not been shown effective in treating or preventing cancer.

Sun Farms Vegetable Soup contains [soybean](#), [shiitake mushroom](#), mung bean, red date, scallion, [garlic](#), lentil bean, leek, [hawthorn fruit](#), onion, [American ginseng](#), [angelica root](#), [licorice](#), dandelion root, senegal root, [ginger](#), olive, sesame seed, and parsley.

In mice that were fed dried Sun Soup powder, tumor growth was slowed by 53–74%. Lab tests showed that Sun

Soup contains **inositol hexaphosphate (IP6)**, a compound that may slow the growth of cancer cells. It also contains genistein, daidzein, and coumestrol, which are phytoestrogens found in soybeans.

Studies in humans are limited. Sun Soup was associated with survival improvements in small studies of patients with advanced non-small cell lung cancer. Larger studies are needed.

What are the potential uses and benefits?

- **To prevent and treat cancer**

A small study showed that Sun Soup may improve survival in late-stage, non-small cell lung cancer patients, but its use for the treatment or prevention of other cancers has not been studied.

- **To treat HIV and AIDS**

Evidence is lacking to support this claim.

- **To stimulate the immune system**

Although laboratory studies have shown that the ingredients found in Sun Soup stimulate certain aspects of the immune system, it is not known if such effects occur in the human body.

- **To maintain weight in patients with cancer or AIDS**

A small study in late-stage non-small cell lung cancer

patients supports this claim.

What are the side effects?

- Sun Soup can cause gastrointestinal fullness or bloating.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Sun Farms Vegetable Soup - Last updated on February 23, 2022
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