

# PROSTATE FORMULA

## Support for Men of all Ages



**How does Prostate Formula support prostate health?** This is by far one of the most complete and comprehensive products available anywhere for the life-long support of prostate health. As men mature it is important to focus on their prostate health. Paying extra attention to their diet is one very important step for men to take. They should especially avoid extra saturated fats and eat a plentiful supply of colorful fruits and vegetables. A healthy prostate can also be supported by adding the high-quality nutritional support contained in Prostate Formula.◊ The high-quality extracts from Saw Palmetto berries and Pygeum are included for their legendary activity in sustaining healthy prostate and sexual function. The lipid fraction of pumpkin seeds is a rich source of beta-sitosterol, which in its purified form also supports prostate health. This same formula provides outstanding nutritional value for health of the female cervix, and may help maintain vigorous sexual energy for both men and women.◊

### **Supports Prostate Function**◊

Healthy prostate function is essential to a man's optimal urinary health and sexual vitality. For this reason many men, as they mature, become more concerned with sustaining and promoting their prostate health.

The prostate is a small gland that surrounds the neck of the bladder and urethra, which is responsible for ensuring healthy urinary flow. There are many nutrients that have been found useful in supporting healthy prostate function, and Prostate Formula provides all of them in a convenient dietary supplement of minerals, amino acids, carotenoids, fatty acids, plant sterols, plant extracts, and vitamins.◊

### **Protects Urethra Lining**◊

The major known function of the prostate gland is to manufacture

and secrete seminal fluid, which carries, nourishes, and protects the spermatozoa necessary for human reproduction.

In addition, it helps maintain moisture that protects the lining of the urethra, the passage through which urine and seminal fluids flow out of the body.◊ Several studies have provided insight into seminal fluid. One study revealed that it is rich in the mineral zinc, and the amino acids glycine, alanine, and glutamic acid. Another study indicated that maintaining proper levels of zinc in the seminal fluid contributes to maintaining a healthy prostate.◊

A third study revealed that 66% of the participating men showed signs of improved prostate health after 3 months of dietary supple-

mentation with the amino acids glycine, alanine, and glutamic acid.◊

### **Saw Palmetto and Pygeum**

The fat-soluble extract of the saw palmetto berry is the most well studied, well known, and widely used natural product for supporting prostate health.◊

A 3-year study in Germany showed signs that saw palmetto extract significantly promoted prostate health in 73% of the participants.◊

Pygeum, an extract from the bark of an African tree, has been studied in controlled trials over the past 25 years and has shown significant ability to promote prostate health.◊ This tree (Pygeum africanum) is currently threatened in the wild because of over-harvesting, therefore the source

used for Prostate Formula is produced exclusively by sustainable, ecologically responsible methods in Africa.

### **Maintains Urinary Tract Health**

Pumpkin seed oil is a rich source of zinc, fatty acids, and plant sterols, and has a long history of traditional use to maintain urinary tract and prostate health.◊ Saw palmetto, pygeum bark, and pumpkin seed are also particularly rich sources of beta-sitosterol, which is found in almost all plants. Several double-blind placebo controlled studies have documented the ability of beta-sitosterol in its purified form to support prostate health.◊ Therefore, beta-sitosterol is included in this comprehensive formula as a separate constituent, as well as pumpkin seed extract.

### **Affects Natural Steroid Compounds**

Double-blind studies of extracts from the nettle plant root have confirmed its ability to support prostate health.◊ The roots of the nettle plant (*Urtica dioica*) affect natural sex steroid compounds, and proteins that carry them in the

body. Prostate Formula utilizes an extract of nettle root.

### **Promotes Healthy Circulation**

Ginkgo biloba extract is included for its ability to help sustain and promote healthy circulation, which is particularly important to maintaining a healthy prostate.◊

### **Enhances Healthy Sexual Function**

A high quality extract of the bark of a South American rainforest tree, known as Catuaba, is included for its legendary activity in sustaining a healthy nervous system and enhancing healthy sexual function, in both men and women.◊

### **Protects Against Free Radical Attack**

Carotenoid complex and lycopene (extracted from tomatoes), vitamin E, vitamin D, pyridoxal-5-phosphate (the active form of vitamin B-6) and selenium round out this formula, which is designed to support and maintain life-long prostate health and vigorous sexual energy.◊ Lycopene is by far the most abundant carotenoid present in the prostate gland, and

appears to provide important protection against free radical attack in the prostate.

Higher levels of these nutrients in the diet and in the body have been linked to promoting and sustaining prostate health, particularly as men mature.◊

These same nutrients have also been linked to the support of health in the female cervix, which is the analogous organ to the prostate in women.◊ Indeed, despite its name, Prostate Formula is not necessarily for men only!

If you are a mature male, adding the nutritional support contained in Prostate Formula to your diet will help maintain and promote a healthy prostate throughout your lifetime.◊ Women may also find it useful in maintaining cervical health and sexual energy.◊

This is by far one of the most complete and comprehensive high quality dietary supplements for the lifelong support of male prostate, female cervix, and sexual health for both men and women, available on the market.◊

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◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size  
Servings Per Container

2 Tablets  
60

Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value	
Vitamin A (100% (2500 IU) as Beta-Carotene)	2500 IU	50%	Ginkgo ( <i>Ginkgo biloba</i> L.) Leaf Extract	10 mg	*
Vitamin D-3 (Cholecalciferol)	200 IU	50%	Nettle Root Extract	125 mg	*
Vitamin E (D-Alpha Succinate)	100 IU	333%	Pumpkin ( <i>Cucurbita pepo</i> L.) Seed Extract	50 mg	*
Zinc (as Zinc Gluconate)	7.5 mg	50%	Pygeum ( <i>Pygeum africanum</i> L.) Bark Extract	100 mg	*
Selenium (as Sodium Selenite)	50 mcg	71%	Saw Palmetto Berry Extract	170 mg	*
Boron (as Sodium Borate Decahydrate)	2 mg	*	L-Alanine	100 mg	*
Beta-Sitosterol (Soy)	50 mg	*	L-Glutamic Acid Hydrochloride	100 mg	*
Lycopene Extract	10 mg	*	Glycine	100 mg	*
Pyridoxal 5-Phosphate	10 mg	*			
Catuaba Bark Extract	50 mg	*			

\*Daily Value not established.

INGREDIENTS: Saw Palmetto Berry Extract, Microcrystalline Cellulose, Nettle Root Extract, Pygeum (*Pygeum africanum* L.) Bark Extract, L-Alanine, L-Glutamic Acid Hydrochloride, Glycine, Dibasic Calcium Phosphate, Vitamin E (D-Alpha Succinate), Zinc Gluconate, Beta-Sitosterol (Soy), Catuaba Bark Extract, Pumpkin Seed Extract, Croscarmellose Sodium, Vitamin A (Beta-Carotene), Sodium Borate Decahydrate, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Blueberry, Carrots, Broccoli, Spinach, Cauliflower, Kale, Asparagus, Beet, Chili Pepper, Green Bean, Pea, Sweet Potato, Cucumber, Pumpkin, Snow Pea, Tomato, Watercress, Zucchini, Lima Beans, Mushroom, Banana, Cantaloupe, Cranberry, Guava, Lemon, Mango, Orange, Papaya, Peach, Pineapple and Grapefruit), Stearic Acid, Lycopene Extract, Ginkgo (*Ginkgo biloba* L.) Leaf Extract, Pyridoxal 5-Phosphate, Magnesium Stearate, Silica, Sodium Selenite, and Vitamin D-3 (Cholecalciferol).

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**DIRECTIONS:** Two tablets, twice a day.

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Allergy Information: This product contains soy-based beta-sitosterol, and is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals. Suitable for Vegetarians.

### REFERENCES:

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- Koch E, Biber A. Pharmacological effects of sabal and urtica (nettle) extracts as a basis for rational medication of benign prostatic hyperplasia. *Urologe* 1994; 334
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