

Prostate Health Support

With Saw Palmetto & Nettle



DESCRIPTION

Prostate Health Support provides a blend of several nutraceuticals to support prostate health and function. The ingredients are sourced from the highest quality European standardized extracts of saw palmetto and pygeum. Pumpkin seed oil, nettle root extract, lycopene and L-OptiZinc work synergistically to enhance the proven benefits of saw palmetto and pygeum.

FUNCTIONS

In men, conditions such as benign prostatic hypertrophy (BPH) are likely to develop with age. In fact, BPH is so common that it has been said all men will have an enlarged prostate if they live long enough. The changes that may occur may lead to increased frequency of urination, disruption of normal urine flow as well as painful urination. The mechanisms leading to BPH involve dihydrotestosterone (DHT), a metabolite of testosterone. DHT is synthesized in the prostate from circulating testosterone by the action of the enzyme 5 α -reductase, type 2 and medication designed to inhibit this enzyme are the first line of defense. The synergistic combination of nutrients and herbs in this formula help support the normal, healthy structure and function of the prostate gland because of a similar effect on 5 α -reductase.

Saw palmetto has a significant amount of research demonstrating its role in healthy prostate function. Clinical studies have shown Saw Palmetto to help support normal activity of the 5-alpha reductase enzyme thereby supporting normal, healthy levels of DHT. Saw palmetto also influences the binding of DHT to prostate cells, which helps support normal, healthy prostate cell structure and function. Pygeum contains beta-sitosterol, which has been shown to help support the health of the prostate gland by its effect on the binding of DHT to prostate cells.

Studies also show beta-sitosterol supports normal, healthy urine flow. Lycopene has been studied for its role as an antioxidant which is critical for maintaining the health of prostate cells. Nettle root helps support the production of favorable prostaglandins, encouraging a normal, healthy inflammatory response within the prostate. Finally, the epithelial cells of the prostate gland concentrate more zinc than any tissue in the male body. Levels of zinc decrease with age, and normal zinc levels have been shown to help support healthy prostate function.

INDICATIONS

Prostate Health Support may be a useful dietary supplement for men who wish to support healthy prostate function both before and after signs of BPH occur.

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.

FORMULA (WW #10126)

1 Softgel Capsule Contains:

| | |
|--|--|
| Zinc (as monomethionine)..... | 5 mg |
| Saw Palmetto Berry Extract..... | 80 mg (<i>Serenoa repens</i> standardized to 85%-95% [68-79 mg] fatty acids and sterols) |
| Pygeum africanum Bark Extract..... | 25 mg (standardized to 13% [3.25 mg] Beta-sitosterol) |
| Pumpkin Seed Oil (<i>Cucurbita pepo</i>)..... | 40 mg |
| Nettle root extract | 75 mg (<i>Urtica dioica</i> standardized to 5% [3.75 mg] total amino acids) |
| Lycopene (from tomatoes) | 1 mg |
| Other Ingredients: capsules (gelatin, glycerin, and water) soybean oil, beeswax, lecithin, caramel color, and water. | |
| Contains soy. | |

This product contains NO sugar, salt, dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

SUGGESTED USE

Adults take 1 softgel capsule, 4 times daily with meals, or as directed by a healthcare professional.

SIDE EFFECTS

Warning: Manufactured on equipment that processes peanut. May contain traces of peanuts.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Markowitz JS, Donovan JL, Devane CL, et al. (December 2003). "Multiple doses of saw palmetto (*Serenoa repens*) did not alter cytochrome P450 2D6 and 3A4 activity in normal volunteers". *Clin. Pharmacol. Ther.* 74 (6): 536-42.
- Wadsworth TL, Worstell TR, Greenberg NM, Roselli CE (May 2007). "Effects of dietary saw palmetto on the prostate of transgenic adenocarcinoma of the mouse prostate model (TRAMP)". *The Prostate* 67 (6): 661-73.
- Scaglione F, Lucini V, Pannacci M, Caronno A, Leone C (2008). "Comparison of the potency of different brands of *Serenoa repens* extract on 5 α -reductase types I and II in prostatic co-cultured epithelial and fibroblast cells". *Pharmacology* 82 (4): 270-5.
- Shenouda NS, Sakla MS, Newton LG, Besch-Williford C, Greenberg NM, MacDonald RS, Lubahn DB. "Phytosterol *Pygeum africanum* regulates prostate cancer in vitro and in vivo." *Endocrine*. 31(1):72-81, 2007 Feb.
- Christodoss P, Selvakumar R, Fleming JJ, Gopalakrishnan G. "Zinc status of patients with benign prostatic hyperplasia and prostate carcinoma." *Indian J Urol.* 2011 Jan;27(1):14-8.
- Dreikorn, K; Berges, R; Pientka, L; Jonas, U. "Phytotherapy of benign prostatic hyperplasia. Current evidence-based evaluation" *Urologe A.* September 2002; 41(5):447-51.
- Safarinejad, MR (2005). "Urtica dioica for treatment of benign prostatic hyperplasia: A prospective, randomized, double-blind, placebo-controlled, crossover study". *Journal of herbal pharmacotherapy* 5 (4): 1-11.
- Campbell JK, Canene-Adams K, Lindshield BL, Boileau TW, Clinton SK, Erdman JW Jr. Tomato phytochemicals and prostate cancer risk. *J Nutr.* 2004; 134:3486S-3492S.
- Giovannucci E. Tomato products, lycopene, and prostate cancer: a review of the epidemiological literature. *J Nutr.* 2005. Aug;135(8):2030S-1S.

Manufactured For:

Good Life Pharmacy

125 South 16th St.
Ord, NE 68862
308.728.3295