

Men's Health

Prostate Formula

Code: 118

Package Size: 60 caplets

Suggested Use: Take two caplets daily as a dietary supplement.

Maintaining A Healthy Prostate

Prostate health has become an important issue among men who are over the age of 40. A healthy prostate can be aided by several natural nutrients and herbs.

As the male population ages, it will become more important for men to decrease their fat intake and to supplement their diets with those nutrients and herbs known to help in maintaining a healthy prostate.

About Men's Health

Korean Ginseng Extract

Also called the "King of Tonics." In 200 B.C., a Chinese herbalist wrote that Ginseng can "vitalize the five organs, calm the nerves, stop palpitations due to fright, brighten vision, increase intellect and with long term use, prolong life and make one feel young." Korean Ginseng is said to have more "yang" (more life) than other Ginseng. Ginseng is believed to regulate blood sugar, improve stamina and the ability to concentrate, increase energy, and help the body resist disease.

Vitamin E

What this vitamin does:

- ◆ Prevents a chemical reaction called oxidation. Excessive oxidation can sometimes cause harmful effects.
- ◆ Acts as a co-factor in several enzyme systems.

Reasons to use:

- ◆ Promotes normal growth and development.
- ◆ Treats and prevents vitamin-E deficiency in premature or low-birth weight infants.
- ◆ Prevents oxidation of free radicals in body.
- ◆ Acts as anti-blood clotting agent.
- ◆ Protects tissue against oxidation.
- ◆ Promotes normal red blood cell formation.

Zinc

Zinc, in a bioavailable form (zinc polynicotinate), has been shown to reduce the symptoms of benign prostatic hyperplasia, or BPH, in men. Other published scientific data has shown the importance of zinc supplementation in improving libido, increasing testosterone level and in removing excess cholesterol deposits that may play a role in maintaining a healthy prostate. BPH and other cases of prostate enlargement are characterized by high levels of cholesterol.

What this mineral does:

- ◆ Zinc is a part of the molecular structure of 80 or more known enzymes. These particular enzymes work with red blood cells to move carbon dioxide from tissue to lungs.

Reasons to use

- ◆ Functions as an anti-oxidant.
- ◆ Maintains normal taste and smell.
- ◆ Promotes normal growth and development.
- ◆ Aids wound healing.
- ◆ Promotes normal fetal growth.
- ◆ Helps synthesize DNA and RNA.
- ◆ Promotes cell division, cell repair, cell growth.
- ◆ Maintains normal level of Vitamin A in blood.

Selenium

What this mineral does:

- ◆ Selenium helps defend against damage and oxidation.

Reasons to Use

- ◆ Compliments vitamin E to act as an efficient anti-oxidant.
- ◆ Promotes normal growth and development.
- ◆ Functions as anti-oxidant itself.

Copper

What this mineral does:

- ◆ Copper is an essential component of a number of proteins and enzymes, including lysyl, hydroxylase, and dopamine beta-hydroxylase.

Reasons to Use

- ◆ Promotes normal red blood cell formation.
- ◆ Acts as a catalyst in storage and release of iron to form hemoglobin for red blood cells.
- ◆ Assists in production of several enzymes involved in respiration.
- ◆ Promotes connective tissue formation and central-nervous-system function.
- ◆ Is used as a nutritional supplement for anyone receiving prolonged feedings through veins or tubes into the stomach.

Ingredients

Supplement Facts

Serving size: 2 caplets

	<u>Amount Per Serving</u>	<u>%DV</u>
Vitamin E	30 IU	100
(as mixed tocopherol esters)		
Vitamin B6	25mg.....	1,250
(as pyridoxine HCl)		
Zinc	15mcg.....	100
(as zinc polynicotinate)		
Selenium.....	100mcg.....	143
(as selenomethionine)		
Copper.....	2mg	100
(as copper gluconate)		
Saw Palmetto extract	320mg	*
(95% fatty acids and sterols) (berry)		
Soybean lecithin	*
(33% linoleic and linoleic acids)		
Tomato concentrate.....	*
(10,000 ppm lycopene)(fruit)		
L-Alanine	*
Glutamic acid.....	*
Glycine.....	*
Pygeum bark 4:1 extract.....	*
(pygeum africanum)		
Korean ginseng extract	*
(4% ginsenosides)(root)		
Silica	*

* Daily value not established.

Saw Palmetto Extract

Prostate health has become an important issue with men over 40 years old. A healthy prostate can be helped by several natural nutrients and herbs, including saw palmetto berries. Extracts from these berries are reported to help normalize the function of the prostate gland.

Saw palmetto berries, contain a variety of fatty acids and phytosterols. Phytosterols are plant sterols that have been shown to inhibit the conversion of testosterone to dihydrotestosterone (DHT), a hormone that plays a role in the enlargement of the prostate. Saw palmetto extracts contain bio-active sterols such as beta-sitosterol that are reported to be a nutritional aid to men with benign prostatic hyperplasia or BPH. Studies have shown that plant derived extracts of beta-sitosterol are helpful in normalizing urine flow & residual urinary volume.

Soy Bean Lecithin

What this supplement does:

- ◆ Lecithin is a phospholipid composed of saturated, unsaturated and polyunsaturated fatty acids. It also contains glycerin, phosphorous and choline.
- ◆ It is found in chemicals that aid passage of many nutrients from the bloodstream into cells.

Reasons to Use

- ◆ Protects against damage to cells by oxidation.
- ◆ Major source of the chemical nutrient choline.
- ◆ People taking niacin or nicotinic acid for treatment of high-serum cholesterol and triglycerides need lecithin in choline supplements.

Tomato Concentrate (Lycopene)

Lycopenes are natural carotenoids that are responsible for the red color in tomatoes. Lycopenes are believed to be the most abundant carotenoid in the prostate gland. A Harvard research study shows that lycopenes play an important role in the health of the prostate. Lycopenes and other anti-oxidants can help prevent cellular damage and abnormal cellular growth.

L-Alanine-Glutamic Acid- & Glycine

L-Alanine-Glutamic Acid & Glycine are amino acids. Amino acids are a chemical group containing nitrogen, carbon, oxygen and hydrogen. The amino acids form the chief structure of proteins. These three are believed to play an important role in maintaining a healthy prostate.

Pygeum Bark

Pygeum bark was traditionally used as a tea for genito-urinary problems. Recent research with extracts of pygeum indicate that it is helpful in reducing the inflammation and swelling associated with minor prostate irritation. Pygeum contains phytosterols such as beta-sitosterol which inhibits the production of inflammatory prostaglandins.

Silica

Extracted from Equiseti Herba (Horsetail). Horsetail- Genito-urinary astringent, diuretic, lithotriptic, kidney and bladder tonic. Horsetail is good for kidney disorders, especially kidney stones. It is used for enuresis and other irritable symptoms of the urinary system. Horsetail is an excellent source of naturally occurring silica. This helps the body absorb calcium and contributes to healthier hair and nails. It helps build or rebuild strong bones. It is also helpful for symptoms of arthritis.

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