

Prostate Health

Overview

Prostate Health is a unique combination of key vitamins, minerals, and herbs that help support the body's own natural function of the prostate. The prostate gland is a small, donut-shaped, walnut-sized gland surrounding the urethra where it leaves the bladder. It produces an alkaline substance which makes up the largest part of the seminal reproductive fluid. As men mature into their 40s, the cells in the prostate gland often become enlarged; this is known as Benign Prostatic Hyperplasia or BPH for short. BPH is the non-cancerous enlarging of the prostate which is harmless in some cases. Often times however, enlargement of the prostate gland squeezes the urethra to interfere with urinary flow; this in turn can lead to urological symptoms associated with the bladder. Numerous studies show more than half of all men over 50 years of age suffer from an enlarged prostate and its symptoms. As men continue to age, up to 80% will suffer from uncomfortable symptoms that may include urinating, increased frequency and urgency of urination, sleep-disturbing nighttime urination, and lower back pain.

While aging contributes to an enlarged prostate gland, hormones may also play a role. Once in the prostate cells, testosterone is converted into another, more powerful male hormone, dihydrotestosterone (DHT). DHT is responsible for triggering the division of prostate cells so their numbers increase. Levels of DHT are known to be 5 times higher in enlarged prostate glands than in those of normal size. If the conversion of testosterone to DHT is prevented, BPH does not occur and in some cases can even be reversed once it has developed.

Research Indicates

» May promote healthy prostate function
 » May reduce urgency, frequency, and/or delay starting urine flow associated with a swollen prostate gland

» Promotes overall prostate, bladder, and urinary tract health

Recommended Dosage

✓ Take 2 capsules daily with an 8 ounce glass of water.

Cautions

- Please note that Benign Prostatic Hyperplasia can only be diagnosed by a physician.
- If you suffer from significant prostate problems, consult your healthcare provider.
- Men in their mid to late 40s and beyond should look to their healthcare provider for information on the prostate and preventative measures that should be taken.

Supplement Facts	
Serving Size: 2 Capsules	
Servings Per Container: 30	
Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	1000 IU 250%
Vitamin E (as d-alpha tocopheryl acetate)	100 IU 333%
Thiamin (as thiamine mononitrate)	1.5mg 100%
Riboflavin	1.7mg 100%
Niacin (as niacinamide)	20mg 100%
Vitamin B6 (as pyridoxine HCl)	50mg 2500%
Folic Acid	400mcg 100%
Vitamin B12 (as cyanocobalamin)	6mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%
Zinc (as zinc amino acid chelate)	15mg 100%
Selenium (as selenomethionine)	100mcg 143%
Copper (as copper amino acid chelate)	2mg 100%
Saw palmetto extract (berry, Serenoa repens)	500mg *
Cayenne pepper powder	100mg *
Beta Sitosterol	50mg *
Pygeum africanum bark powder	50mg *
Green tea extract powder	50mg *
Pumpkin (seed powder)	50mg *
Nettle (leaf powder)	25mg *
L-Glycine	25mg *
L-Glutamic Acid	25mg *
Lycopene	10mg *
* Daily Value not established	
Other ingredients: Gelatin, silica, magnesium stearate.	
Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.	



These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, imply cure or prevent any disease. For more information regarding excipients, please refer to the excipient list.

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