# M<sup>®</sup> HAPPY



Genetics and family history play a role in prostate disease, but many results from poor eating habits, insufficient exercise, and stress. These lifestyle and behavioral issues can induce two main prostate problems, chronic inflammation, and oxidative stress.

#### **PROSTATE SUPPORT**

The prostate is a part gland, part muscle organ located below the bladder and in front of the rectum in males. It surrounds the urethra, the tube that carries urine and semen out of the body. The primary function of the prostate gland is to produce and secrete a fluid that makes up a part of semen, which helps to nourish and transport sperm. The prostate gland is also subject to several benign health problems that can affect the quality of life, including benign prostatic hyperplasia (BPH) and prostatitis (inflammation of the prostate gland).

Common symptoms associated with BPH and prostate inflammation include difficulty urinating, frequent urination, urinary urgency, nighttime urination (nocturia), blood in the urine or semen, or pain in the lower back or pelvic area. Therefore, regular check-ups with a healthcare provider are important for maintaining prostate health.

**INFLAMMATION** of the prostate is not too different from inflammation from a sprained ankle, where it swells, and pain is experienced in its acute phase. However, in the prostate, thesituation becomes chronic where inflammatory chemicals, namely cyclooxygenase 2 (COX-2), nuclear factor kappa-B (NF- KB), and some Interleukins (IL's) signal the prostate to grow or can be involved in the formation of cancer. In prostatitis, the most common type is non-bacterial, but significant inflammation is found in such patients. The most problematic symptoms in men with non-cancerous prostate conditions like BPH and prostatitis are urinary frequency, an urgency to urinate, nighttime urination, and pelvic pain, all connected to chronic inflammation.

**OXIDATIVE STRESS** is an imbalance between producing too many oxygen-reactive species (ROS) in cells and the body's inability to eliminate them. However, some ROS is important for health, and too much production causes prostate problems, including benign growth and increased prostate cancer.



**PROSTATE SUPPORT** 

#### IAMMRHAPPY.COM

# HOW DOES PROSTATE SUPPORT WORK?

MR. HAPPY PROSTATE SUPPORT improves prostate health and supports normal urination. This comprehensive formula lowers chronic prostate inflammation, relaxes the prostate muscle, and improves urinary frequency, urgency, and nighttime urination. In addition, by lowering inflammation and protecting against oxidative stress, Mr. Happy Prostate Support also improves PSA results.

#### **BENEFITS OF MR. HAPPY PROSTATE SUPPORT**

- Anti-inflammatory: Quercetin, Ginger extract, Curcumin, and Rye Pollen Extract.
- Improved Immune function: Reishi mushroom, Cranberry extract.
- Antioxidants: Cranberry extract, Quercetin
- Smooth muscle relaxant: Chinese Skullcap

## **RECOMMENDED USE**

Adults take three (3) capsules once or twice a day or as directed by your physician.

#### **INGREDIENTS IN BETTER WITH AGE**

#### **CRANBERRY FRUIT EXTRACT**

- Supports a healthy microbial urological environment.
- Improves daytime and nighttime urination.

#### **RYE POLLEN EXTRACT**

- Supports a healthy prostate.
- Improves inflammation in the prostate.

#### QUERCETIN

- Improves inflammation in the prostate.
- Lowers histamine release.

#### GINGER

• Supports normal prostate inflammation.

#### **CHINESE SKULLCAP**

• Relaxes the prostate and surrounding muscles.

#### **REISHI MUSHROOM**

- Improves immune function.
- Supports normal urination.

#### VITAMIN D

- Normalize prostate size
- Keep sustained normal cells of the prostate

\*THE FOOD AND DRUG ADMINISTRATION HAS NOT EVALUATED THIS STATEMENT. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

### REFERENCES

 Chainani-Wu N.. Safety and anti-inflammatory activity of curcumin: a component of tumeric (Curcuma longa). J Altern Complement Med. 2003 Feb;9(1):161- 8.

2. Ammon HP, et al. Mechanism of Anti-inflammatory Actions of Curcumin and Boswellic Acids. J Ethnopharmacol. 1993;38:113.

3. Su Kang Kim, Hosik Seok, Hae Jeong Park, Hye Sook Jeon, Sang Wook Kang, Byung-Cheol Lee, Jooil Yi, Sang Yeol Song, Sang Hyub Lee, Young Ock Kim, and Joo-Ho Chung; Inhibitory effect of curcumin on testosterone induced benign prostatic hyperplasia rat model; BMC Complement Altern Med. 2015; 15: 380.

4. Kramer Gl, Mitteregger D, Marberger M. Is benign prostatic hyperplasia (BPH) an immune inflammatory disease? Eur Urol. 2007 May;51(5):1202-16. Epub 2006 Dec 11.

5. Kunnumakkara AB1, Bordoloi D1, Padmavathi G1, Monisha J1, Roy NK1, Prasad S2, Aggarwal BB3. Curcumin, the golden nutraceutical: multitargeting for multiple chronic diseases. Br J Pharmacol. 2017 Jun;174(11):1325-1348.

6. Bagherniya M, Askari G, Alikiaii B, Abbasi S, Soleimani D, Sathyapalan T, Jamialahmadi T, Sahebkar A. Curcumin for the Treatment of Prostate Diseases: A Systematic Review of Controlled Clinical Trials. Adv Exp Med Biol. 2021;1291:345-362. doi: 10.1007/978-3-030-56153-6\_20. PMID: 34331700.

7. Elshazly MA1, Sultan MF1, Aboutaleb HA1, Salem SM1, Aziz MS1, Abd Elbaky TM1, Elsherif EA1, Gawish MM2, Alajrawi FT3, Elgadi FAA3, Thaher AH3, Shebl MA4, Allam AM1, Kehinde E5. Vitamin D deficiency and lower urinary tract symptoms in males above 50 years of age. Urol Ann. 2017 Apr-Jun;9(2):170-173.

8. Murphy AB1, Nyame YA2, Batai K3, Kalu R4, Khan A1, Gogana P1, Dixon M1, Macias V5, Kajdacsy-Balla A5, Hollowell CM6, Catalona WJ1, Kittles R3.Does prostate volume correlate with vitamin D deficiency among men undergoing prostatebiopsy? Prostate Cancer Prostatic Dis. 2017 Mar;20(1):55-60.

9. Zhang W1, Zheng X2, Wang Y1, Xiao H1. Vitamin D Deficiency as a Potential Marker of Benign Prostatic Hyperplasia. Urology. 2016 Nov;97:212-218.

10. Espinosa G, Esposito R, Kazzazi A, Djavan B. Vitamin D and benign prostatic hyperplasia -- a review. Can J Urol. 2013 Aug;20(4):6820-5.

11. Gevariya N1,2, Besançon M1,2, Robitaille K1, Picard V1, Diabaté L1,2, Alesawi A1, Julien P2,3, Fradet Y1,2, Bergeron A1,2, Fradet V1,2. Omega-3 fatty acids decrease prostate cancer progression associated with an anti-tumor immune response in eugonadal and castrated mice. Prostate. 2019 Jan;79(1):9-20.

12. Guertin MH1, Robitaille K1, Pelletier JF1, Duchesne T2, Julien P3, Savard J1, Bairati I1, Fradet V4. Effects of concentrated long-chain omega-3 polyunsaturated fatty acid supplementation before radical prostatectomy on prostate cancer proliferation, inflammation, and quality of life: study protocol for a phase IIb, randomized, double-blind, placebo-controlled trial. BMC Cancer. 2018 Jan 10;18(1):64. 13. Ghadian Al, Rezaei M2. Combination therapy with omega-3 fatty acids plus tamsulocin and finasteride in the treatment of men with lower urinary tract symptoms (LUTS) and benign prostatic hyperplasia (BPH). Inflammopharmacology. 2017 Aug;25(4):451-458.

14. Vidlar A1, Student V Jr1, Vostalova J2, Fromentin E3, Roller M4, Simanek V2, Student V1. Cranberry fruit powder (Flowens<sup>™</sup>) improves lower urinary tract symptoms in men: a double-blind, randomized, placebo-controlled study. World J Urol. 2016 Mar;34(3):419-24.

15. Vidlar A, Vostalova J, Ulrichova J, Student V, Stejskal D, Reichenbach R, Vrbkova J, Ruzicka F, Simanek V. The effectiveness of dried cranberries (Vaccinium macrocarpon) in men with lower urinary tract symptoms. Br J Nutr. 2010 Oct;104(8):1181-9. doi: 10.1017/S0007114510002059. Epub 2010 Aug 31. PMID: 20804630.

16. Vidlar A, Vostalova J, Ulrichova J, Student V, Stejskal D, Reichenbach R, Vrbkova J, Ruzicka F, Simanek V.The effectiveness of dried cranberries (Vaccinium macrocarpon) in men with lower urinary tract symptoms. Br J Nutr. 2010 Oct;104(8):1181-9.

17. Locatelli M1, Macchione N2, Ferrante C3, Chiavaroli A4, Recinella L5, Carradori S6, Zengin G7, Cesa S8, Leporini L9, Leone S10, Brunetti L11, Menghini L12, Orlando G13. Graminex Pollen: Phenolic Pattern, Colorimetric Analysis and Protective Effects in Immortalized Prostate Cells (PC3) and Rat Prostate Challenged with LPS. Molecules. 2018 May 11;23(5). pii: E1145.

18. Wagenlehner FM1, Schneider H, Ludwig M, Schnitker J, Brähler E, Weidner W. A pollen extract (Cernilton) in patients with inflammatory chronic prostatitis-chronic pelvic pain syndrome: a multicentre, randomised, prospective, double-blind, placebo-controlled phase 3 study. Eur Urol. 2009 Sep;56(3):544-51.

19. MacDonald R1, Ishani A, Rutks I, Wilt TJ. A systematic review of Cernilton for the treatment of benign prostatic hyperplasia. BJU Int. 2000 May;85(7):836-41.

20. Ammar AE1, Esmat A, Hassona MD, Tadros MG, Abdel-Naim AB, Guns ES. The effect of pomegranate fruit extract on testosterone-induced BPH in rats. Prostate. 2015 May;75(7):679-92.

21. Saha A, Blando J, Silver E, Beltran L, Sessler J, DiGiovanni J. 6-Shogaol from dried ginger inhibits growth of prostate cancer cells both in vitro and in vivo through inhibition of STAT3 and NF-KB signaling. Cancer Prev Res (Phila). 2014 Jun;7(6):627-38. doi: 10.1158/1940-6207.CAPR-13-0420. Epub 2014 Apr 1. PMID: 24691500.

22. Ozkur M, Benlier N, Takan I, Vasileiou C, Georgakilas AG, Pavlopoulou A, Cetin Z, Saygili EI. Ginger for Healthy Ageing: A Systematic Review on Current Evidence of Its Antioxidant, Anti-Inflammatory, and Anticancer Properties. Oxid Med Cell Longev. 2022 May 9;2022:4748447. doi: 10.1155/2022/4748447. PMID: 35585878; PMCID: PMC9110206. 23. Karna P, Chagani S, Gundala SR, Rida PC, Asif G, Sharma V, Gupta MV, Aneja R. Benefits of whole ginger extract in prostate cancer. Br J Nutr. 2012 Feb;107(4):473-84. doi: 10.1017/S0007114511003308. Epub 2011 Aug 18. PMID: 21849094; PMCID: PMC3426621.

24. Noguchi M, Kakuma T, Tomiyasu K, Kurita Y, Kukihara H, Konishi F, Kumamoto S, Shimizu K, Kondo R, Matsuoka K. Effect of an extract of Ganoderma lucidum in men with lower urinary tract symptoms: a double-blind, placebo-controlled randomized and dose-ranging study. Asian J Androl. 2008 Jul;10(4):651-8. doi: 10.1111/j.1745-7262.2008.00336.x. Epub 2007 Dec 20. PMID: 18097503.

25. Chughtai B, Kavaler E, Lee R, Te A, Kaplan SA, Lowe F. Use of herbal supplements for overactive bladder. Rev Urol. 2013;15(3):93-6. PMID: 24223020; PMCID: PMC3821987.

26. Ma CH, Lin WL, Lui SL, Cai XY, Wong VT, Ziea E, Zhang ZJ. Efficacy and safety of Chinese herbal medicine for benign prostatic hyperplasia: systematic review of randomized controlled trials. Asian J Androl. 2013 Jul;15(4):471-82. doi: 10.1038/aja.2012.173. Epub 2013 Jun 3. PMID: 23728585; PMCID: PMC3739225.

27. Borovskaya TG, Krivova NA, Zaeva OB, Fomina TI, Kamalova SI, Poluektova ME, Vychuzhanina AV, Shchemerova YA, Grigor'eva VA, Goldberg VE, Plotnikov MB. Dihydroquercetin effects on the morphology and antioxidant/prooxidant balance of the prostate in rats with sulpiride-induced benign hyperplasia. Bull Exp Biol Med. 2015 Feb;158(4):513-6. doi: 10.1007/s10517-015-2797-9. Epub 2015 Feb 24. PMID: 25708337.

28. Altavilla D, Minutoli L, Polito F, Irrera N, Arena S, Magno C, Rinaldi M, Burnett BP, Squadrito F, Bitto A. Effects of flavocoxid, a dual inhibitor of COX and 5-lipoxygenase enzymes, on benign prostatic hyperplasia. Br J Pharmacol. 2012 Sep;167(1):95-108. doi: 10.1111/j.1476-5381.2012.01969.x. PMID: 22471974; PMCID: PMC3448916.

29. Mitsunari K, Miyata Y, Matsuo T, Mukae Y, Otsubo A, Harada J, Kondo T, Matsuda T, Ohba K, Sakai H. Pharmacological Effects and Potential Clinical Usefulness of Polyphenols in Benign Prostatic Hyperplasia. Molecules. 2021 Jan 16;26(2):450. doi: 10.3390/molecules26020450. PMID: 33467066; PMCID: PMC7829696.

30. Jin BR, Chung KS, Kim HJ, An HJ. Chinese Skullcap (Scutellaria baicalensis Georgi) inhibits inflammation and proliferation on benign prostatic hyperplasia in rats. J Ethnopharmacol. 2019 May 10;235:481-488. doi: 10.1016/j.jep.2019.01.039. Epub 2019 Jan 29. PMID: 30708034.

31. Jin BR, An HJ. Baicalin alleviates benign prostate hyperplasia through androgen-dependent apoptosis. Aging (Albany NY). 2020 Feb 4;12(3):2142-2155. doi: 10.18632/aging.102731. Epub 2020 Feb 4. PMID: 32018227; PMCID: PMC7041748.