



PREFERRED NUTRITION

CONSUMER PRODUCT RESEARCH INFORMATION

NPN 80036000

Prostate Health

SAW PALMETTO & PYGEUM

Preferred Nutrition is dedicated to helping people reach their optimum health potential. The Preferred Nutrition line of supplements has been developed with effective formulas using superior ingredients to create a premium quality brand, exclusive to health food retailers and select natural pharmacies. Our supplements promote the health and well-being of consumers of all ages.

PRODUCT SUMMARY

Preferred Nutrition Prostate Health Saw Palmetto & Pygeum contains a unique complex of plant extracts and nutrients used in herbal medicine to help relieve urologic symptoms associated with mild-to-moderate benign prostatic hyperplasia (BPH). It features ingredients like saw palmetto and pygeum to address weak urine flow, incomplete voiding, and frequent urination in men.

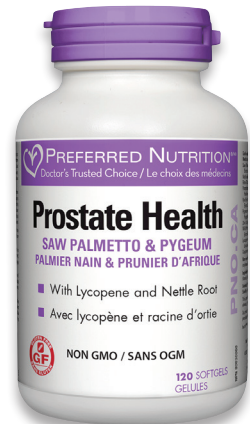
BENEFITS

- Helps support prostate health
- Used in herbal medicine to help relieve symptoms associated with mild-to-moderate BPH
- Relieves frequent daytime and nighttime urination
- Improves symptoms of weak urine flow and incomplete voiding
- Provides antioxidants for the maintenance of good health

RESEARCH

BPH is a common cause of prostate enlargement affecting over 50% of men by age 60, and up to 90% of men in their 70s and 80s (Sauer et al., 2020). Because the urethra passes through the prostate gland, BPH is associated with urinary symptoms such as reduced urinary flow, frequent nighttime urination, difficulty in starting and stopping urination, and incomplete emptying of the bladder (Sauer et al., 2020; Pagano et al., 2014).

Saw palmetto (*Serenoa repens*), *Pygeum africanum*, and stinging nettle (*Urtica dioica*) are the most well-researched and popular medicinal plants for prostate disorders (Cicero et al., 2019). Saw palmetto is recognized for addressing frequent daytime and nighttime urination (Pagano et al., 2014). In a placebo-controlled study, BPH patients with lower urinary tract symptom (LUTS) who were supplemented with 320 mg of saw palmetto per day for six months experienced significant improvements in urinary flow, urine voiding, and International Prostate Symptom Scores (IPSS), including frequent urination (Ye et al., 2019). Beta-sitosterol has also been found to work complementarily with saw palmetto, increasing its scope of benefits and further reducing IPSS in BPH patients (Sudeep et al., 2020).



Pygeum bark is used traditionally in Africa for urinary disorders (Pagano et al., 2014). It contains beta-sitosterol and antioxidants which help inhibit prostate growth factors and androgens, and protect bladder muscles from free radical damage (Cicero et al., 2019; Pagano et al., 2014). A review of 18 randomized, controlled clinical studies concluded that supplementation with pygeum extract for two months more than doubles the likelihood of improving urinary symptoms in BPH patients compared to a placebo, including a 19% reduction in nighttime urination, a 24% increase in urine voiding, and a 23% improvement in urine flow (Wilt et al., 2002).

Stinging nettle root is used in herbal medicine to reduce difficulty in urinating during early stages of BPH (Pagano et al., 2014). A six-month, double-blind, placebo-controlled clinical trial found that a daily 360 mg dose of nettle extract significantly reduced LUTS in 81% of BPH patients, including a 77% increase in urine flow rate, a 50% increase in urine voiding, and a small (9%) reduction in prostate size (Safarinejad et al., 2005).

Pumpkin seed oil, lycopene, and zinc further support prostate health and provide antioxidants to help counteract free radical damage to prostate tissue (Pagano et al., 2014; Cicero et al., 2019; Sauer et al., 2020). In a randomized, double-blind, placebo-controlled trial, a 320 mg per day of pumpkin seed oil was found to improve men's quality of life by reducing IPSS after only three months of use and improving urinary flow rate after six months (Hong et al., 2009).

Zinc is essential to prostate health. BPH patients have been observed to have 50% lower zinc levels in their prostate tissue and excrete higher zinc concentrations through urine than healthy men, indicating the critical relationship between zinc intake and BPH (Sauer et al., 2020).

Lycopene, an antioxidant carotenoid from tomatoes, helps reduce oxidative stress in prostate tissue (Pagano et al., 2014; Cicero et al., 2019; Sauer et al., 2020). Pollen, such as rye flower pollen, also supports overall prostate health and improves symptoms of prostate enlargement (Cicero et al., 2019).

Prostate Health

Each softgel contains:

Saw Palmetto Extract (<i>Serenoa repens</i>) (85% fatty acids) (fruit)	80 mg
Nettle Extract 10:1 (<i>Urtica dioica</i>) (root)	75 mg
Beta-Sitosterol (<i>Glycine max</i>) (seed)	100 mg
Pumpkin Seed Oil (<i>Cucurbita pepo</i>) (seed).....	100 mg
Rye Extract 20:1 (<i>Secale cereale</i>) (from 2000 mg flower pollen)	100 mg
Pygeum (<i>Prunus africana</i>) (stem and trunk bark) (13% phytosterols)...	20 mg
Zinc (bisglycinate)	7.5 mg
Wild Hydrangea Extract 4:1 (<i>Hydrangea arborescens</i>) (root)	2.5 mg
Lycopene (<i>Solanum lycopersicum</i>) (fruit flesh)	1.5 mg
Copper (gluconate)	500 mcg

Non-medicinal ingredients: Softgel (gelatin, glycerin, purified water, carob, titanium dioxide), soybean oil, yellow beeswax, lecithin.

Recommended adult dose: 2 softgels 2 times daily or as directed by a health care practitioner. For occasional use only, if used as a diuretic. Consult a health care practitioner for use beyond 24 weeks.

Cautions: Not intended for use by women. Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use to exclude a diagnosis of prostate cancer. Hypersensitivity, such as allergy, has been known to occur, in which case discontinue use. Keep out of reach of children.

This product does not contain artificial preservatives, colours, or sweeteners; no dairy, sugar, wheat, gluten, yeast, egg, fish, shellfish, salt, tree nuts, or GMOs.

 Gluten-free  Non-GMO



References

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