

# 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 $\alpha$ -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 $\alpha$ -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 added sugar, salt, dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take one (1) softgel capsule, four (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

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