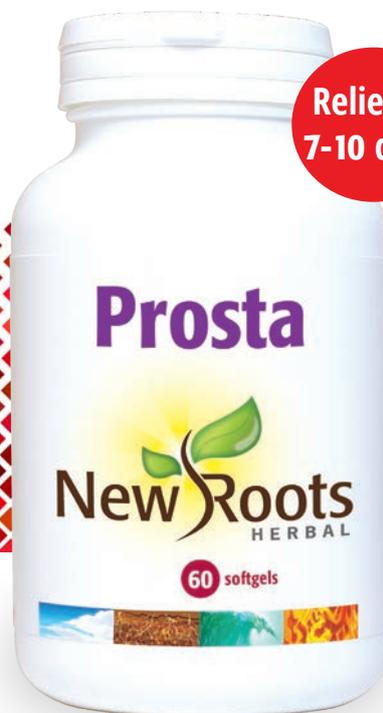


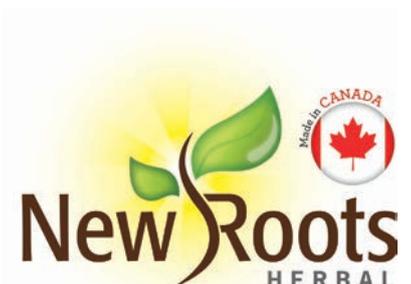
PROSTATE



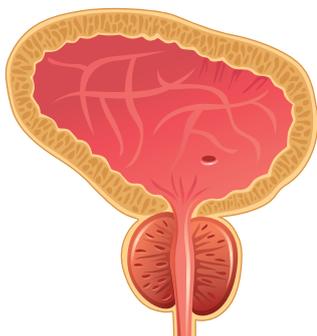
CARE



Relief in
7-10 days



THE IMPORTANCE OF A HEALTHY PROSTATE



HEALTHY PROSTATE

► The problem with the Prostate

Located just below the bladder, the prostate is a gland that affects urinary and sexual function.

After 40, men commonly suffer from some type of disorder of the prostate gland, mainly due to hormonal changes. An accumulation of testosterone can complicate the elimination of DIHYDROTESTOSTERONE (DHT), an androgen that at high concentrations

accelerates the growth of the prostate gland.

This increase in the size of the prostate increases the risk of a series of conditions such as **BENIGN PROSTATIC HYPERPLASIA (BPH)**, **PROSTATITIS** (inflammation or infections that can cause pain and fever) and even **PROSTATE CANCER**.

TESTOSTERONE

5-alpha-reductase

DIHYDROTESTOSTERONE (DHT)

High levels of DHT are related to the growth of the prostate gland

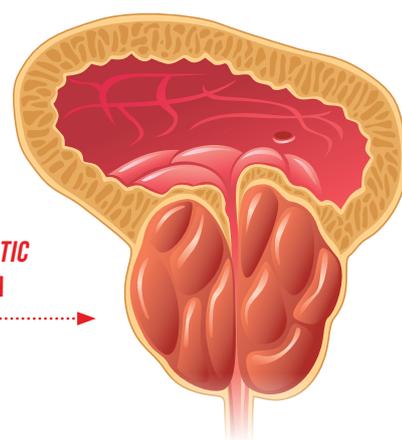
SIGNS OF BENIGN PROSTATIC HYPERPLASIA (BPH):

- OBSTRUCTION OF URINARY DUCTS -
- FREQUENT DESIRE TO URINATE, INCLUDING AT NIGHT (NOCTURIA) -
- INTERMITTENT AND WEAK URINARY FLOW -
- INABILITY TO COMPLETELY EMPTY BLADDER -

If you have any of these symptoms, consult with a healthcare professional for assessment.

► RISK factors

Modern diets with a high sugar content, oestrogens such as estradiol, and chemical products in plastics, herbicides and pesticides produce a growth factor which stimulates prostate cells 4 times more than accumulated testosterone. The result is often an **ENLARGEMENT OF THE PROSTATE GLAND** which if left untreated, can carry very harmful risks for the prostate in the long run.



BENIGN PROSTATIC HYPERPLASIA

RECOMMENDATIONS



FIBER, FRUITS AND VEGETABLES

RED MEAT, DAIRY PRODUCTS, REFINED SUGARS AND FAT.



REGULAR EXERCISE CONTRIBUTES TO PREVENTING OTHER AGGRAVATING FACTORS.



AN EFFECTIVE SUPPLEMENT TO YOUR NUTRITIONAL PROGRAM TO IMPROVE PROSTATE HEALTH.

COMPLETE SYNERGIC FORMULA FOR A HEALTHY PROSTATE, WITH: ANTIOXIDANTS, ESSENTIAL FATTY ACIDS, VITAMINS, MINERALS, AMINO ACIDS AND PLANTS

1 - Regulators of DHT metabolism

STEROLS	<ul style="list-style-type: none">▶ Sterols inhibit the enzyme 5-alpha-reductase. (1)▶ They regulate cholesterol. (2)
SAW PALMETTO	<ul style="list-style-type: none">▶ A source of beta sitosterols, which inhibit the enzyme alpha-5-reductase. (3,4)▶ Anti oestrogenic, antiinflammatory and anti oedema. (3,4)
ZINC	<ul style="list-style-type: none">▶ Its deficiency is associated with testicular atrophy and infertility. (5,6)▶ It inhibits the enzyme 5 alpha-reductase. (5,6)
PUMPKIN SEED	<ul style="list-style-type: none">▶ It contains zinc and amino acids (glycine, alanine and glutamic acid). (7)
VITAMIN B6	<ul style="list-style-type: none">▶ It regulates DHT absorption and steroid receptors. (8)

4

MECHANISMS OF ACTION

2 - Antiinflammatories

FLOWER POLLEN	<ul style="list-style-type: none">▶ It inhibits the growth of prostate cells, decreasing nocturia. (9)▶ Antiinflammatory action. (10)
BORAGE	<ul style="list-style-type: none">▶ Rich in Omega-3 which regulates prostaglandins, (PGE2) reducing inflammation. (11)
OLIVE OIL	<ul style="list-style-type: none">▶ With oleic acid which inhibits the production of PGE2. (12)▶ It improves the absorption of lycopene. (12)
VITAMIN D	<ul style="list-style-type: none">▶ It reduces inflammation and the proliferation of prostate cells. (15)

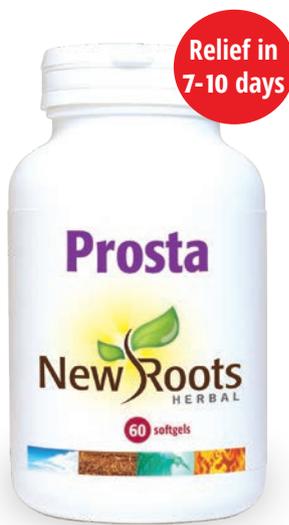
3 - Anti-infectious agents

NETTLE	<ul style="list-style-type: none">▶ Diuretic. (13)▶ It reduces urinary residue, decreasing the possibility of infection. (13)
CRANBERRY	<ul style="list-style-type: none">▶ It acidifies the urine. (18)▶ It prevents the adhesion of bacteria in the urinary tract. (14)

4 - Antioxidants

VITAMIN E	<ul style="list-style-type: none">▶ A potent antioxidant which controls cholesterol levels. (16,17)▶ It inhibits the growth of prostate cells. (16,17)
LYCOPENE	<ul style="list-style-type: none">▶ It prevents oxidative damage to prostate cell DNA. (18,19)▶ It relieves symptoms in the lower urinary tract. (18,19)
SELENIUM	<ul style="list-style-type: none">▶ Antioxidant mineral that reduces the risk of prostate cancer. (20)
L-ALANINE L-GLYCINE L-GLUTAMIC ACID	<ul style="list-style-type: none">▶ A synergy of amino acids that reduces the symptoms of BPH. (21)





Nutritional information: 1 softgel

Plant sterols (40% beta-sitosterol, 20% stigmasterol and 20% campesterol)	185 mg
Saw palmetto (95% fatty acids)	160 mg
Rye flower pollen	105 mg
Borage oil ⁽¹⁾	100 mg
L-Alanine	50 mg
Cranberry (107x concentrate)	50 mg
L-Glutamic acid hydrochloride	50 mg
L-Glycine	50 mg
Vitamin E	4 mg α-TE (33%*)
Stinging nettle (5% silicic acid)	25 mg
Zinc (citrate)	16 mg (160%*)
Pau d'arco	15 mg
Vitamin B ₆ (pyridoxine)	8.23 mg (588%*)
Lycopene (from tomato)	0.6 mg
Selenium (L-selenomethionine)	50 µg (91%*)
Vitamin D ₃	12.5 µg (500 IU) (250%*)
Olive oil (extra-virgin)	175 mg
Pumpkin seed oil	100 mg

*NRV: Nutrient Reference Value in %

⁽¹⁾ from controlled cultivation

Recommended daily dose:

1-2 softgels daily with a meal. Do not exceed the stated recommended daily dose.

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