

PROSTATE HEALTH

Supports Healthy
Prostate Function*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA MG EXTRACT PER 2 CAPSULES

Saw Palmetto berry, Supercritical CO ₂ Extract (<i>Serenoa repens</i>)	320 mg
Nettle root (<i>Urtica dioica</i>)	80 mg
Pygeum bark (<i>Pygeum africanum</i>)	80 mg
Green Tea (<i>Camellia sinensis</i>)	80 mg
Pumpkin seed oil (<i>Curcubita pepo</i>)	80 mg
Lycopene Extract	15 mg
Rosemary leaf, Supercritical CO ₂ Extract (<i>Rosmarinus officinalis</i>)	10 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

85% Fatty acids (from Saw Palmetto)	272 mg
Myricitin (from Tomato skins)	16 mg

DESCRIPTION OF FORMULA

Prostate Health provides an effective combination of well-researched herbal extracts and nutritive components in scientifically supported dosages and forms that are designed to function synergistically to maximize healthy prostate function.*

The prostate is a walnut-sized gland that sits at the base of the bladder, astride the urethra. Forming part of the reproductive system, the prostate gland secretes fluid that helps to make up semen, and functions to energize and alkalize sperm. Medical scientists know little more about this gland's function. What scientists do know is that an unhealthy prostate can cause discomforting feelings associated with a decline in healthy urinary function and sexual performance.

The herbs and nutrients found in Prostate Health contain scientifically substantiated compounds recognized for their ability to support the health and function of the prostate gland.*

Saw palmetto is a native plant of North America. It is a member of the fan palm family and has characteristic sharp edges that can literally "saw" through clothing, hence its common name, saw-palm-etto. The plant produces a one seeded berry, dark brown to black in color, that is harvested and used in the preparation of phytomedicines. Traditionally used to support the healthy functioning of the prostate and maintain normal sexual drive in men, saw palmetto was appropriately referred to as "old man's friend." Research is now focused on the lipophilic physiologically active extracts of these berries, including beta-sitosterol, tri, di, and monoglycerides, and free fatty acids.*

These constituents maintain healthy urinary and prostate function by encouraging healthy testosterone levels and influencing fatty acid metabolism in favor of prostaglandins that maintain normal fluid levels in the body.*

DOSAGE

Liquid Phyto-Caps: 2 capsules daily between meals.

DURATION OF USE

3 months

BEST TAKEN

Between meals, with warm water

Nettle root is from a plant that has a particular affinity for nitrate-rich soil, found in most temperate regions of the world. It has a high lignan content which researchers believe may be responsible for the root's ability to bind to sex hormone binding globulin (SHBG), a key to its ability to maintain prostate health. Androgens such as testosterone and estrogen bind to SHBG. And as men age, their SHBG levels increase, making them more susceptible to this binding. Nettle root has a strong affinity for SHBG, and promotes cell health by limiting the amount of testosterone and estrogen that can bind to it. Nettle root also modulates the effects of androgens by normalizing sodium-potassium ATPase and aromatase activity in prostate tissue.*

Nettle root extract is a popular herbal preparation in Germany, and its widespread use spurred the onset of numerous clinical trials over the past 10 years. Collectively, these trials, which include double blind, placebo-controlled clinical trials on up to 5,000 patients, demonstrate the benefits of using nettle root for normalizing SHBG levels and maintaining healthy urinary function in men.*

Pygeum bark contains phytosterols (including beta-sitosterol, beta-sitosterone and campesterol), ferulic esters of long chain fatty acids, and pentacyclic triterpenes that moderate prostaglandin and prolactin metabolism in the prostate and function to normalize cholesterol levels and protein kinase c activity. Collectively these actions support healthy prostate and bladder activity in men.*

Green tea shows tremendous promise in maintaining the health of the prostate gland. Researchers at the University of California Los Angeles reported that consumption of tea polyphenols, as found in green tea, for as little as five consecutive days, causes an increase in polyphenols in prostate tissue and a reduction in levels of polyamines, both

actions supporting healthy prostate tissue. This data supports recent epidemiological and laboratory studies suggesting health-promoting actions of green tea on the prostate gland.*

Lycopene from tomato skin is a well-researched carotenoid used to support prostate health. Compared to other known carotenoids, lycopene is considered by experts to be one of the most potent antioxidants, with its unsurpassed singlet-oxygen quenching capacity. An impressive number of clinical trials and epidemiological studies demonstrate the statistically significant association between consumption of lycopene-containing foods and prostate health.*

Tomato skin extract contains another potent antioxidant, known as myricetin. This flavonol further enhances the singlet-oxygen quenching capabilities of lycopene. When compared to consuming tomato pulp, ingestion of tomato skin extract also results in a higher absorption of carotenoids, including lycopene, that support prostate health.*

Pumpkin seed oil is a valuable source of essential fatty acids (EFAs) and zinc, which are both important to maintaining healthy prostate function.*

Researchers have identified a direct correlation between healthy prostate function and normal EFA levels in the body. EFAs represent a group of essential fats that the body is incapable of manufacturing on its own. They include the omega 3 (linolenic) and omega 6 (linoleic) fatty acids. EFAs are required constituents of every membrane in the body, playing a crucial role in maintaining the health of every living cell in the body. They maintain the fluidity of cellular membranes, aid in producing and balancing hormones, and play an essential role in managing healthy fluid levels. The body metabolizes these fatty acids into a group of components known as prostaglandins. The word prostaglandin comes from the fact that these products of fatty acid metabolism were originally found in the prostate gland (prosta - gland - in). Prostaglandins regulate every organ system in the body.*

A deficiency in zinc, blocks the essential rate-limiting enzyme Delta-6-desaturase in the transformation of EFA's into the important prostaglandins. The prostate gland has a unique characteristic of storing high levels of zinc. In fact, healthy prostate tissue contains a higher concentration of zinc than all other tissue in the body. Not surprisingly, researchers have found that the level of zinc in the prostate gland declines dramatically when it is challenged, making pumpkin seed oil, with its high levels of both EFAs and zinc, an ideal source of fat for individuals interested in maintaining healthy prostate and urinary function.*

Rosemary leaf is a natural antioxidant that helps reduce the free-radical damage that occurs with aging.*

IMPORTANT INFORMATION REGARDING PROSTATE HEALTH

The American Cancer Society and the American Urological Association recommend that men begin testing to check for prostate cancer at age 50, and up to ten years earlier for individuals at higher risk (such as African Americans, individuals with a genetic predisposition to prostate disease and smokers). In addition, the National Institute on Aging recommends that men over age 40

receive a thorough prostate exam as a part of their annual physical.

SAFETY EVALUATION/CONTRAINDICATIONS

Before using this product, talk with your healthcare professional if you suffer from a medical condition. Please visit www.gaiaherbs.com to obtain information regarding potential contraindications and/or side effects that may be associated with herbs found in this formula.*

KNOWN DRUG INTERACTIONS

Before using this product, talk with your healthcare professional if you take any medications. Please visit www.gaiaherbs.com to obtain information regarding any possible drug interactions that may be associated with herbs found in this formula.*

REFERENCES

- Agarwal, A; Shen, H; et al. Lycopene content of tomato products: Its stability, bioavailability and in vivo antioxidant properties. *J Med Food* 2001; 4(1):9-15.
- Agarwal, S.; Rao, A.V. Tomato lycopene and its role in human health and chronic diseases. *CMAJ* 2000; 163(6):739-744.
- American Cancer Society. Prostate Cancer.: Overview. 2005. http://www.cancer.org/docroot/CRI/CRI_2_1x.asp?rnav=criov&dt=36. Accessed 3/14/05.
- Andro M-C, Riffaud J-P. Pygeum africanum extract for the treatment of patients with benign prostatic hyperplasia: A review of 25 years of published experience. *Curr Ther Res* 1995;56:796 [review].
- Di Silverio F et al. Effects of long-term treatment with *Serenoa repens* (Permixon®) on the concentrations and regional distribution of androgens and epidermal growth factor in benign prostatic hyperplasia. *Prostate* 1998;37:77-83.
- Giovannucci, E. Tomatoes, tomato-based products, lycopene, and cancer: Review of the epidemiologic literature. *J Natl Cancer Inst* 1999; 91(4):317-331.
- Henning S. Tea polyphenols slow prostate cancer cell growth. University of California, Los Angeles, Center for Human Nutrition report at Experimental Biology 2004 Washington, DC.
- Jian L et al. Protective effect of green tea against prostate cancer: a case control study in southeast China. *Int J Cancer* 2004 Jan1;108(1):130-5.
- Molina-Jimenez MF et al. Neuroprotective effect of fraxetin and myricetin against rotenone-induced apoptosis in neuroblastoma cells. *Brain Res.* 2004 May 29;1009(1-2):9-16.
- National Institute on Aging Age Page: Prostate Problems. 2000. http://www.niapublications.org/engagepages/Cancer_Facts_for_People_Over_50.pdf. Accessed 3/14/05.
- Sartor L Prostate carcinoma and green tea: (-)epigallocatechin-3-gallate inhibits inflammation-triggered MMP-2 activation and invasion in murine TRAMP model. *Int J Cancer.* 2004 Dec 10;112(5):823-9.
- Schiebel-Schlosser G, Friederich M. Phytotherapy of BPH with pumpkin seeds—a multicenter clinical trial. *Zeits Phytother* 1998;19:71-6.
- Sokeland J. Combined sabal and urtica extract compared with finasteride in men with benign prostatic hyperplasia: analysis of prostate volume and therapeutic outcome. *BJU Int* 2000 Sep;86(4):439-442.
- Steenkamp V. Phytomedicines for the prostate. *Fitoterapia* 2003 Sep;74(6):545-52.
- Strauch G et al. Comparison of finasteride (Proscar®) and *Serenoa repens* (Permixon®) in the inhibition of 5-alpha reductase in healthy male volunteers. *Eur Urol* 1994;26:247-52.
- Wilt T et al. Pygeum africanum for benign prostate hyperplasia. *Coch Data Syst Rev* 2002;(1):CD001044.
- Yang YJ et al. Comparison of fatty acid profiles in the serum of patients with prostate cancer and benign prostatic hyperplasia. *Clin Biochem* 1999; 32(6):405-9.
- Zaichick VY et al. Zinc in the human prostate gland: normal hyperplastic and cancerous. *Int Urol Nephrol* 1997;29(5):565-74

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