

Ingredients.

- **Vitamin D3** commonly used to promote bone strength, has recently shown, in epidemiological studies suggest that it Vitamin D3 may be useful in preventing prostate cancer.
- **Selenium** (a special form containing 40% elemental selenium) in a study conducted in 2005, seemed to show promise as a supplement for preventing and slowing prostate cancer.
- **Phytosterols** are plant sterols and stanons found in vegetable oils. Important for Prostate health, phytosterols can block the conversion of testosterone into DHT (dihydrotestosterone) which can cause the prostate to enlarge.
- **Amino Acids L Alanine, L Glycine, L Glucamic Acid and L Arginine** are needed to maintain normal prostate function. Studies have showed that these amino acids relived many symptoms associated with an enlarged prostate. Patients taking these aminos reported a reduction in frequent urination, nighttime urination, urgency and delayed urination.
- **Lycopene** is the highest oxygen quenching carotenoid which can help promote eye health, prostate health and heart health.
- **Pollen Flower's** anti-inflammatory activity may promote healthy urine flow and healthy prostate function.
- **Green Tea**, in a prospective study done in January 2008, was associated with a decreased risk of prostate cancer.
- **Boron** can affect human steroid hormone levels and thus circulating testosterone and estradiol levels which may affect prostate health.
- **Zinc levels**, needed to maintain a healthy prostate, tends to decrease when prostate problems, such as BPH are present.
- **Cat's Claw** is popular in South American folk medicine and provides immune system strengthening. This can benefit the prostate and urinary system.
- **Lignans** are a group of compounds found in plants, especially flax seed and help to rid abundant estrogen from the body.
- **Stinging Nettle Leaf** has a long history of use in Europe as a pain reliever. It may slow the growth of abnormal prostate cells.
- **Pygeum Africanum** has been shown in double-blind trials to help men with BPH by improving urinary flow and other symptoms of BPH.
- **DIM** increases the specific aerobic metabolism for estrogen, multiplying the chance for estrogen to be broken down into its beneficial or "good" estrogen metabolites. These metabolites help to protect the heart, brain and prostate.
- **Chrysin** is one of the most powerful of several flavonoids and has been shown to be a mild aromatase inhibitor which is important or older men to prevent the conversion of testosterone to estrogen.
- **Resveratrol** has proven effective in extending life up to 30% and may inhibit androgen-stimulated cell growth.
- **Panax Ginseng** is considered a adaptogen which helps to produce a balancing effect on the body. It helps increase blood testosterone levels.
- **Quercetin** is found to be the most active of the flavonoids in studies and is sought after for its anti-inflammatory activity because of direct inhibition of several initial processes of inflammation.

- **Pomegranate Extract** is one of the most potent antioxidants available. In recent years research has discovered its benefits for heart and prostate health.
- **Maca Extract** has been used in South America as an enhancer for libido and endurance.
- **Curcumin**, derived from turmeric root, has been considered in Ayurvedic medicine as a body cleanser. Its ability to modulate the immune system may make it a top ingredient to help against abnormal prostate cell growth.
- **Bioperine** is derived from black pepper and may promote healthy nutrient absorption.
- **Saw Palmetto Oil** has been used to help with prostate issues and to help increase sperm motility and sex drive.
- **Pumpkin Seed Oil** may be helpful for the use of prostate enlargement as well against intestinal parasites
- **Organic Flax Oil** is an optimal dietary supplement that is an excellent vegetarian source of Omega-3 acids, which support the metabolism of essential fatty acids.
- **Evening Primrose Oil**, commonly known as EPO, contains GLA (Gamma Linoleic Acid) an essential fatty acid that is needed for the metabolism of prostaglandins which regulate pain and inflammation.
- **Marine Lipid Concentrate** contains the essential fatty acid Omega 3 which may help against inflammatory issues and depression.
- **Borage Oil** aids the body's fatty acid metabolism and helps with inflammation and immune-regulating properties.

Supplement Facts.

Supplement facts Serving Size: 2 Capsules. Servings per container: 30			
Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin D3 800 IU	100%	Stinging Nettle....	90 mg **
Zinc (Picolinate) 6 mg	40%	Pygeum Africanum..	20 mg **
Selenium 80 mcg	80%	L Alanine.....	48 mg **
Phyosterols 680 mg	**	L Glycine.....	48 mg **
Standardized to contain at least		L Glutamic Acid.....	48 mg **
95% of total sterols including		L Arginine.....	20 mg **
Betasitosterol (40 - 58 %: 272 mg		Green Tea Extract..	120 mg **
- 394 mg) Campesterol, Stigmas-		Lignans.....	140 mg **
terol Brassicasterol, Beta-sitostanol,		Resveratrol.....	2 mg **
capestenol and other stenols.		Panax Ginseng.....	75 mg **
Soy Isoflavones ..	8 mg **	Quercetin.....	30 mg **
Curcumin	.20 mg **	Maca Extract.....	20 mg **
Pomegranate Extract	20 mg **	DIM.....	20 mg **
Blueberry Extract	20 mg **	Boron.....	1.2 mg **
Lycopene Complex.....	24 mg **	Cat's Claw.....	12 mg **
Pollen Flower Extract..	90 mg **	Chrysin.....	20 mg **
		Bioperine.....	4 mg **
**Daily Value Not Established		Vegetable capsules, Magnesium Stearate, Maltodextrin, Water	

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The above statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.