

Comprehensive Prostate Formula

Comprehensive Prostate Formula

90 Tablets

Ingredients per three tablets:

| | |
|---|--------|
| Vitamin D (as cholecalciferol) | 200IU |
| Vitamin E (as d-alpha tocopheryl succinate) | 60IU |
| Vitamin B6 (as pyridoxine hydrochloride) | 50mg |
| Zinc (as zinc citrate) | 15mg |
| Selenium (as L-selenomethionine) | 100mcg |
| Copper (as copper gluconate) | 1mg |
| Saw palmetto extract (berry)Emed-SP* | 640mg |
| (standardized to contain 290mg fatty acids and sterols) | |
| African pygeum extract (bark)Emed-PG* | 100mg |
| (standardized to contain 2.5mg phytosterols) | |
| Stinging Nettle extract (root) | 300mg |
| Lycopene | 10mg |
| Alanine (as L-Alanine) | 400mg |
| Glutamic acid (as L-Glutamic acid) | 400mg |
| Glycine | 400mg |

Excipients: cellulose, calcium silicate, croscarmellose sodium, silicon dioxide, magnesium stearate (vegetable source), vanillin.

*Emed-PG and Emed-SP are trademarks of EUROMED

Suggested Use: Take three tablets daily, with or without food.

Suitable for vegetarians.

Ingredients

Comprehensive Prostate Formula is a complete nutritional program for supporting prostate health with herbs, vitamins, minerals and other nutrients known to benefit the prostate gland.

Herbs

• Saw palmetto extract—The Saw palmetto in Comprehensive Prostate Formula is standardized to contain 85 to 90% fatty acids, which are the active ingredients in the Saw palmetto berry that promote prostate health. Three tablets supplies 640 mg, the daily dose used for prostate therapy in clinical studies.¹

• Pygeum extract—Pygeum is an evergreen tree native to the high plateaus of southern Africa. Pygeum bark contains phytosterols, beta sitosterol and other sitosterols, natural sterols that have been shown to normalize the prostate.² Clinical trials establish 100 mg per day as a highly effective dose of Pygeum extract, especially in combination with Nettle root.³

• Nettle root extract—Nettle, also known as "Stinging Nettle," grows wild in forests and fields throughout North America and Europe. Nettle root has been researched in European studies and shown to benefit the prostate and urinary tract. While the specific active ingredients in Nettle for prostate support have not been positively identified, Nettle's effect on the prostate may stem from its content of polysaccharides and isolectin.⁴ 300 mg per day is clinically effective dose of Nettle root extract.³

- Amino acids—The combination of L-alanine, glutamic acid and glycine was first used for prostate support in 1958. Two medical doctors administered the amino acids to allergy patients who reported improvement in urinary function.⁵
- Lycopene—Tomatoes are rich in carotenes, natural pigments responsible for colors in fruits and vegetables. Lycopene gives the tomato fruit its red color. Recent research suggests that lycopene may help reduce the risk of prostate cancer.⁶ (These findings, however, are strictly preliminary and await confirmation through further research.)
- Minerals—The human prostate contains a high concentration of zinc, which is known to be a key mineral for prostate health.⁷ Selenium, an essential trace mineral, may play a role in cancer risk reduction.^{8,9} Recent work by Harvard University researchers showed that men with the highest levels of selenium were less likely to develop prostate cancer than those with the lowest selenium levels. Copper is added to balance zinc. When supplementing with zinc, it is advised to take a small amount of additional copper to prevent copper deficiency.
- Vitamins—Vitamin E is added as an antioxidant and as support for the reproductive system. Vitamin B6 may benefit the prostate by reducing excess levels of the hormone prolactin.¹⁰

Benefits

- Helps Maintain a Healthy Prostate Gland*
- Supports Normal Urinary Function*

Clinical Studies

Saw Palmetto Extract

Saw palmetto extract is one of the world's leading herbal products for prostate support. Widely-cited clinical studies conducted over the last fifteen years suggest Saw palmetto extract can produce major improvements in prostate-related urinary function. In clinical studies, Saw palmetto extract has produced measurable improvements in urinary functions and prostate size. Quality of life scores have also improved. The results with Saw palmetto extract have been duplicated in open trials and controlled, double-blind studies.^{11,12,13} For example, in a large open trial, 505 men took 320 mg of Saw palmetto extract daily for three months.¹ The results were



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evaluated with various measurements such as the International Prostate Symptom Score, the quality of life score, urinary flow rates, residual urinary volume, and prostate size. After 45 days these parameters improved significantly. After 90 days of treatment nearly ninety percent of both the doctors and patients regarded Saw palmetto extract as effective as therapy for the prostate.

The changes in prostate health that accompany middle age are related to the hormone DHT, or dihydrotestosterone, a metabolite of testosterone. DHT levels rise, and DHT binds to prostate cells, accelerating growth of prostate tissue. Saw palmetto extract has been shown to inhibit 5 alpha-reductase, an enzyme that controls conversion of testosterone to DHT.¹⁴ Experimental evidence suggests Saw palmetto extract blocks the binding of DHT to prostate cells.¹⁵ The fatty acids and sterols in Saw palmetto are believed to be responsible for these actions.^{14,16} These include oleic acid, lauric acid, campesterol, stigmasterol, beta-sitosterol and others. Clinical studies have used extracts containing 85 to 90 percent fatty acids and sterols.

Pygeum Extract

Like Saw palmetto, Pygeum contains natural sterols and fatty acids.² Although the mechanisms for its effect have not been clearly established, animal experiments suggest Pygeum may work by inhibiting prostate cell proliferation and reducing inflammation.^{17,18} In several European trials, Pygeum has successfully improved urinary function. In a large double-blind, placebo-controlled study, 263 men were given 100 mg of Pygeum extract a day for 60 days. Urination improved in 66 percent of the men taking Pygeum, compared with 31 percent on placebo, based on subjective and objective tests.¹⁹

Nettle Root Extract

Nettles are approved by the German Commission E as effective for relieving inflammation in the urinary tract.²⁰ As far back as 1950, German investigators have observed favorable effects on the prostate with the use of Nettle root. These initial findings have been confirmed through case studies, as well as double-blind studies, published mainly in German medical journals. In a recent double blind study published in the journal *Clinical Therapeutics*, 134 men took a combination of Nettle root extract and Pygeum extract over a period of 56 days.³ Urination was significantly improved.

L-Alanine, Glutamic Acid and Glycine

As noted above, Drs. Feinblatt and Gant discovered that a combination of the amino acids L-alanine, glutamic acid and glycine has a positive effect on prostate-related urinary function.⁵ A controlled study of 45 men was conducted to follow up on these initial observations.²¹ The majority of subjects experienced complete or partial relief in urinary complaints such as nighttime urination and urgency.

*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.

Scientific References

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Comprehensive Prostate Formula is a complete nutritional package for the prostate gland. The formula contains the leading herbs, amino acids, minerals and vitamins which are known to benefit prostate health and function. The suggested daily serving of three tablets supplies effective amounts of the key therapeutic ingredients – the herbs and amino acids – as demonstrated in clinical studies. The vitamins, minerals and lycopene are included as supportive ingredients for prostate health maintenance.

The Saw Palmetto in this product is standardized to provide 290mg of active ingredients (fatty acids and sterols) per the suggested daily dose of three tablets, which equals the amount of these therapeutic ingredients in the extracts used in clinical studies.

Supports normal healthy prostate function.*

***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.**

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Doctor's
BEST®

**Science-Based
Nutrition™**

**Dietary
Supplement**

Comprehensive Prostate Formula

HELPS MAINTAIN A HEALTHY PROSTATE*

90 Tablets

Supplement Facts

Serving Size 3 tablets
Servings per container 30 servings

| | Amount per serving | % Daily Value |
|---|--------------------|---------------|
| Vitamin D (as cholecalciferol) | 200 IU | 50% |
| Vitamin E (as d-alpha tocopheryl succinate) | 60 IU | 200% |
| Vitamin B6 (as pyridoxine hydrochloride) | 50 mg | 2500% |
| Zinc (as zinc citrate) | 15 mg | 100% |
| Selenium (as L-selenomethionine) | 100 mcg | 143% |
| Copper (as copper gluconate) | 1 mg | 50% |
| Saw palmetto extract (berry) Emed-SP* Standardized to contain 290 mg fatty acids and sterols | 640 mg | † |
| African Pygeum extract (bark) Emed-PG* Standardized to contain 2.5 mg phytosterols | 100 mg | † |
| Stinging nettle extract (root) | 300 mg | † |
| Lycopene | 10 mg | † |
| Alanine (as L-Alanine) | 400 mg | † |
| Glutamic acid (as L-Glutamic acid) | 400 mg | † |
| Glycine | 400 mg | † |

† Daily Value not established.

Other ingredients: cellulose, calcium silicate, croscarmellose sodium, silicon dioxide, magnesium stearate (vegetable source), vanillin.

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Suggested Use: As a dietary supplement, take 3 tablets daily, with or without food.

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS