

### Best Prostate Bladder Support featuring UroLogicPros<sup>™</sup>

60 Softgels

Ingredients per two softgel capsules:

Zinc (from zinc citrate) .....	15 mg
Selenium (from selenomethionine) .....	24 mcg
UroLogicPros <sup>™</sup> proprietary blend .....	1045 mg
Three-leaf Caper (Opteva <sup>™</sup> ) (Crateva nurvala (stem bark))	
Horsetail (Equisetum arvense) (herb)	
Saw palmetto (Serenoa repens) (fruit) .....	320 mg
(Standardized to contain 272 to 288 mg fatty acids and sterols)	
Tomato (Lycopersicon esculentum) (fruit) 350:1	
(Contains phytonutrients, lycopene, phytoene, phytofluene, beta carotene, phytosterols and natural tocopherols)	

Excipients: Soya oil, gelatin, glycerine, coconut oil, malto-dextrin, purified water, beeswax, lecithin, d-alpha tocopherol.

Suggested Adult Use: Take two softgels daily with meals.

NOT SUITABLE FOR VEGETARIANS

### Ingredients

#### Prostate & Bladder Support featuring UroLogicPros<sup>™</sup>

Best Prostate & Bladder Support featuring UroLogicPros (Patent Pending) is a proprietary blend of herbs, nutrients and phytochemicals designed to promote healthy prostate function and support and maintain a healthy bladder.\* Saw palmetto is renowned for its ability to support prostate health due to its high concentration of phytosterols. Tomato fruit is an excellent source of phytonutrients including lycopene, which has been researched for its role in promoting prostate health. These nutrients are combined with Crateva nurvala and Horsetail (Equisetum arvense) extract, both of which have an extensive history of use for supporting healthy bladder function. The formula also contains the prostate-supportive minerals zinc and selenium. Preliminary human research suggests that the combination of ingredients in UroLogicPros<sup>™</sup> is superior to other nutritional formulas in supporting optimal prostate and bladder function.\*

UroLogicPros is a trademark of BioLogic Health Solutions Pty Ltd.

### Benefits

- Promotes Optimal Prostate Health\*
- Supports Healthy Bladder Function\*

#### SAW PALMETTO

Saw palmetto is an herb native to North America whose ripe fruits have been traditionally used by Native American communities for hundreds of years to support the health of the urinary tract and related systems. The first observations of the therapeutic applications of this herb appeared in the American Journal of Urology in 1892. Research has confirmed that saw palmetto may possess activity at a multitude of levels in the urinary system, including direct effects on the prostate gland and urinary bladder.<sup>1</sup>

Saw palmetto berry is also listed in the German Commission E monographs as an approved herb for its ability to support healthy urinary and prostate function.<sup>2</sup> A number of clinical studies have shown beneficial results with the consumption of a standardized extract of saw palmetto. In one double-blind, placebo-controlled trial of 110 individuals, supplementation of 160 mg of saw palmetto standardized extract twice daily significantly benefited various urinary flow measures as well as participant and physician self-ratings of improvement.

A second double-blind study also demonstrated an enhancement of urinary function and flow in 43% of those taking the saw palmetto extract versus the same enhancements seen in only 15% of those taking a placebo.<sup>3</sup>

A further double-blind, placebo-controlled study was conducted in men to assess the effects of saw palmetto (160 mg twice per day, standardized to 85-95% fatty acids), or a placebo, on urination and related measures. The supplements were given to 85 men aged 45 or older for 6 months. The results of the study showed that saw palmetto was able to support urinary function to a significantly greater degree than the placebo.<sup>4</sup>

Numerous well-designed studies have been performed over the years highlighting the positive benefits of saw palmetto supplementation on prostate and urinary wellness. Saw palmetto is recognized for its efficacy in supporting these systems.\*

#### CRATEVA NURVALA

Crateva nurvala is an ancient herb used for generations in the traditional Indian system of medicine known as Ayurveda. Ancient Ayurvedic practitioners used it as an internal purifier that helped maintain homeostasis and balance. This herb has a long history of use as the herb of choice to maintain healthy urinary tract and bladder function. The tree that is the source of this herb is often found growing along the banks of rivers in the sub-Himalayan regions of India. The stem bark is the part used to benefit urinary health.<sup>5</sup>

Studies with Crateva nurvala have been conducted in India demonstrating the herb's efficacy in maintaining healthy urinary bladder function. Animal studies with the water extract of Crateva have shown that the herb has the ability to increase the tone of smooth muscle and skeletal muscle. In a rat model of kidney stones, researchers were able to show that rats given Crateva extract had significantly smaller stones than in the untreated group.<sup>6</sup> In addition, a study conducted in dogs showed that the animals receiving Crateva extract for 40 days had significantly higher maintenance of bladder tone than control animals.<sup>7</sup>

A tea prepared from the bark of the plant was given to 30 individuals (50 ml twice daily). Baseline measures of urinary function and bladder tone were assessed at the beginning of the study. It was found that when compared to baseline, the Crateva tea showed a high ability to promote healthy urinary function and enhance bladder tone in these individuals after 3 months of use.<sup>7</sup>



### EQUISETUM ARVENSE

Equisetum arvense, also known as horsetail, is a traditional plant that is especially rich in silica and other essential minerals. It is a member of a prehistoric family of plants that is now one of the most common species in northern temperate climates. In addition to being extremely rich in the mineral silica, horsetail also contains saponins and flavonoids. The combination of these constituents is thought to be responsible for its beneficial properties.<sup>8</sup>

Traditional cultures have used horsetail over the years for its various healing properties. Traditional herbalists recommended horsetail for healing wounds because of its noticeably astringent effects. Internally, horsetail was used to promote healthy digestive function.<sup>9</sup>

Because of its flavonoid, saponin and mineral content, horsetail has a special affinity for the urinary tract. Its tonic and astringent properties were used to promote healthy urinary bladder function and to strengthen urinary sphincter control.<sup>10</sup> The German Commission E monograph on horsetail also supports its use for maintaining the health of the urinary tract.<sup>2</sup>

### LYCOPENE (FROM TOMATO FRUIT)

Tomatoes are a rich source of the carotenoid lycopene, Lycopene has been shown to possess potent antioxidant activity in vitro. The intake of lycopene-rich foods has also been shown to be supportive of healthy prostate function.<sup>11</sup>

Lycopene intake was also studied in a crossover trial in women supplemented with a diet containing a tomato puree, or a tomato-free diet, for 21 days. Plasma lycopene concentrations increased in the subjects supplemented with the puree, while levels decreased in the non-supplemented group. Blood samples were taken from both groups to determine the antioxidant effect of lycopene on lymphocyte DNA damage. The results showed that the two groups supplemented with tomato puree in their diet had 42% and 33% less lymphocyte DNA damage than the non-supplemented group, showing a significant antioxidant effect of lycopene.<sup>12</sup>

Lycopene may act through a variety of mechanisms to support prostate gland health. Some of these include as a highly efficient scavenger of oxygen radicals, conferring protection to lipids, proteins and DNA from oxidation; enhancement and facilitation of cell-to-cell communication, supporting the exchange of nutrients and signaling molecules between cells; promotion of antioxidative enzyme activity, including glutathione peroxidase, glutathione-S-transferase, and glutathione reductase enzyme activity, while also increasing glutathione levels.<sup>13</sup> These findings suggest that lycopene may have the ability to support healthy prostate function via a multi-faceted approach.

### ZINC AND SELENIUM

Best Prostate & Bladder Support featuring UroLogicPros is also fortified with the essential minerals zinc and selenium. These minerals play a critical part in supporting the health of prostate gland cells. Zinc is present normally in much higher concentrations (up to 10 times more) in the prostate gland than in any other body organ. Zinc helps to maintain healthy prostate function by normalizing the activity of enzymes and modulating and balancing levels of certain hormones involved in the regulation of prostatic function. Zinc is also essentially involved in supporting overall immune health.<sup>14</sup>

Selenium is a mineral that serves as a cofactor for a number of enzymes and has potent antioxidant effects in various tissues. Research has shown that selenium, through its free radical scavenging abilities, can regulate the healthy function of prostate cells. Studies also suggest that selenium may enhance immune function. Evidence suggests that higher plasma levels of selenium may lead to healthier prostate function (Haojie et al. 2004).<sup>15</sup>

Both of these minerals are essential for prostate health and the dietary intakes of these nutrients tend to be low in various regions throughout the US. The soil in which crops are grown is often deficient in one or both nutrients and the increased consumption of processed foods also contributes to this trend.

### RESEARCH ON UroLogicPros™

A clinical study has been conducted on UroLogicPros™ in Australia by Applied Science and Nutrition Research on behalf of Biologic Health Solutions Pty. Ltd., the developers of the formulation. In this trial, 39 men were recruited and 33 of the participants (with an age range between 39 and 78 years) completed the study. The 3-month experiment was designed to assess the ability of UroLogicPros™ to

support parameters of healthy urinary and prostate function. UroLogicPros™ was supplemented regularly at the recommended daily dose. The results showed significant and progressive benefits of UroLogicPros™ supplementation on the urinary parameters assessed over the three-month study period. Similar progressive benefits were also noted on questionnaires designed to measure prostate function. Assessment was made at baseline and then at the end of month 1, 2 and 3.<sup>16</sup> The results of this study clearly showed that UroLogicPros™ has the ability to enhance prostate health and support healthy urinary function in this study population.

Best Prostate and Bladder Support featuring UroLogicPros™ combines the powerful prostate-supportive herb Saw palmetto with the potent combination of the herbs Crateva nurvala and Horsetail to support healthy urinary bladder function. The formula is further fortified with the added antioxidant, immune-enhancing and prostate-specific benefits of the essential nutrients lycopene, zinc, and selenium. The combination of the herbs and nutrients in Best Prostate and Bladder Support work synergistically to provide essential, clinically-tested support for prostate health and bladder function.\*

\*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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Best Prostate & Bladder Support featuring patent-pending *UroLogicPros™* is a proprietary blend of herbs, nutrients and phytochemicals designed to promote healthy prostate function and support and maintain a healthy bladder.\* Saw palmetto supports prostate health with its high phytosterol concentration. Tomato is an excellent source of phytonutrients including lycopene, well-researched for its role in promoting prostate health. These nutrients are combined with *Crateva nurvala* and Horsetail (*Equisetum arvense*) extract, both used extensively for supporting healthy bladder function. Preliminary human research suggests that the blend of nutrients in *UroLogicPros™* is superior to other formulas for optimal prostate and bladder support.\*

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# Doctor's BEST®

Science-Based  
Nutrition™  
Dietary  
Supplement

## Best Prostate & Bladder Support

Featuring  
*UroLogicPros™*

PROMOTES OPTIMAL PROSTATE HEALTH\*  
SUPPORTS HEALTHY BLADDER FUNCTION\*

60 Softgels

### Supplement Facts

Serving Size 2 softgel capsules  
Servings per container 30 servings

	Amount per serving	% Daily Value**
Zinc (from zinc citrate)	15 mg	100%
Selenium (from selenomethionine)	24 mcg	34%
<i>UroLogicPros™</i> proprietary blend	1045 mg	†
Three-leaf caper ( <i>Opteva</i> )( <i>Crateva nurvala</i> (stem bark))		
Horsetail ( <i>Equisetum arvense</i> )(herb)		
Saw Palmetto ( <i>Serenoa repens</i> )(fruit)	320 mg	†
(Standardized to contain 272 to 288 mg fatty acids and sterols)		
Tomato ( <i>Lycopersicon esculentum</i> )(fruit) 350:1		
(Contains phytonutrients, lycopene, phytoene, phytofluene, beta carotene, phytosterols and natural tocopherols)		

\*\* % Daily Values are based on a 2,000 calorie diet  
† Daily Value not established.

**Other ingredients:** Soya oil, gelatin, glycerine, coconut oil, maltodextrin, purified water, beeswax, lecithin, d-alpha tocopherol

**Contains: Soy**

**Suggested Adult Use:** Take two softgels daily with meals.  
**CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS**

Distributed by: **Doctor's Best, Inc.**

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