



ULTIMATE PROSTATE SUPPORT

Supports prostate health

Prostate problems – something most men are reluctant to discuss. Any man entering middle-age has an underlying concern. When will my prostate problems begin and what can I do when they start? Prostate symptoms include difficulty in starting urination, a diminished urinary stream, a feeling of a full bladder even after urination and the need to urinate many times at night. Short of the annual physical, there is now a natural way to maintain prostate health well into old age.

Dr. Michael Murray has designed a prostate formula that combines eight of the best-known and researched herbs that work together to support prostate health throughout a man's life.

SAW PALMETTO BERRY EXTRACT (STANDARDIZED TO CONTAIN 85-95% FATTY ACIDS)

Saw palmetto is a palm tree native to Florida. Numerous double-blind studies have shown an extract of the berries to significantly improve the signs and symptoms of benign prostatic hyperplasia (BPH). This condition affects approximately 5 to 10% of men at the age of 30 and increases in incidence to eventually affect more than 90% of men over 85 years of age. Roughly 90% of men with mild to moderate BPH experience showed some improvement in symptoms during the first 4 to 6 weeks of therapy. All major symptoms of BPH are improved, especially nighttime urination (nocturia). The mechanism of action is related to improving the hormonal metabolism within the prostate gland. The overwhelming majority of the studies have utilized fat-soluble saw palmetto extracts standardized to contain 85-95% fatty acids and sterols.

BETA SITOSTEROL

Beta sitosterol is a plant sterol similar in structure to cholesterol. Beta sitosterol has been found to be a powerful nutritional supplement for prostate health. Most of the recent interest and use of beta sitosterol has been in its ability to improve benign prostatic hyperplasia. In one of the better double-blind studies, 200 men with BPH were given either beta sitosterol (20 mg) or placebo, three times daily. The beta sitosterol group demonstrated significant improvements in maximum urine flow rate and the amount of urine left in the bladder after urination, both good indicators of bladder obstruction due to BPH. (Berges, *et al.*)

NETTLE ROOT EXTRACT

The modern use of stinging nettles has focused on its effects in benign prostatic hyperplasia (BPH). Several double-blind studies have shown stinging nettle root extracts to exert significant benefits in improving BPH symptoms as well as objective measurement such as urinary outflow. Its mechanism of action in BPH appears to be the result of its ability to modulate the stimulant effect on prostate cells by male sex hormones as well as a mild anti-inflammatory effect. One double-blind, placebo-controlled study of 50 men showed a statistically highly significant decrease of the sex hormone binding globulin in the group treated with the nettle extract and well as a significant improvement of micturition (voiding of urine) volume and maximum urinary flow. (Vontobel, *et al.*)

RED CLOVER EXTRACT

Red clover contains high amounts of “phytoestrogens” – naturally-occurring plant compounds that bind to estrogen receptor sites in humans. Red clover has been shown to limit the development of benign prostatic hyperplasia.

TURMERIC EXTRACT (*CURCUMA LONGA*) (95% CURCUMIN)

The anti-cancer effects of turmeric and curcumin have been demonstrated at all steps of cancer formation: initiation, promotion and progression. In addition to inhibiting the development of cancer, data obtained from several studies suggest that curcumin can also promote cancer regression when cancer is present. The protective effects of curcumin are only partially explained by its direct antioxidant effect. Other anti-cancer effects noted include the ability to: inhibit the formation of cancer-causing nitrosamines; enhance the body's levels of anti-cancer compounds such as glutathione; and promote the proper detoxification of cancer-causing compounds by the liver. Animal studies have shown that curcumin causes a marked decrease in the extent of prostate cell proliferation and a significant increase in prostate cancer cell apoptosis (death). The authors suggest that curcumin could be a potentially therapeutic anti-cancer agent, as it significantly inhibits prostate cancer growth. (Dorai, *et al.*)

FLOWER POLLEN EXTRACT

Studies show that standardized flower pollen extract is well-tolerated and improves overall urological symptoms, including nocturia. 60 patients with BPH were given either

Cernilton (a standardized flower pollen extract) or placebo. This double-blind, placebo-controlled study showed that there was a significant subjective improvement in 69% of the patients compared with placebo. Authors concluded that this flower pollen extract "has a beneficial effect in BPH and may have a place in the treatment of patients with mild or moderate symptoms of out-flow obstruction." (Buck, *et al.*)

PYGEUM AFRICANUM (13% STEROLS)

Pygeum africanum is an evergreen tree native to Africa that can grow to a height of 120-150 feet. An extract made from the dark-brown to gray bark of the trunk has been well-studied in the treatment of benign prostatic hyperplasia (BPH). Over 30 clinical studies including a dozen double-blind studies have shown pygeum extract to be effective in improving the major symptoms of BPH (nighttime urinary frequency, difficulty in starting urination, and incomplete emptying of the bladder).

LYCOPENE

Lycopene is a red-coloured carotene found primarily in tomatoes that has potent antioxidant and anti-cancer properties. In one study conducted by Harvard researchers of all of the carotenoids, only lycopene was clearly linked to protection against prostate cancer. The men who had the greatest amounts of lycopene (6.5 mg per day) in their diet showed a 21% decreased risk of prostate cancer compared with those eating the least. When the researchers looked at only advanced prostate cancer, the high lycopene eaters had an 86% decreased risk (although this did not reach statistical significance due to the small number of cases). (Gann, *et al.*)

Lyco-O-Mato® powder contains lycopene plus other beneficial tomato phytonutrients including other carotenoids and tocopherols. These antioxidant phytonutrients, acting in synergy with lycopene, transform an ordinary food into a functional food with numerous health benefits, including the support of cardiovascular

and prostate health and prevention of DNA damage.

Ultimate Prostate Support by Natural Factors brings together the best-studied herbs and plant extracts for prostate health throughout life. Ideally, this formula should be part of an overall health approach that includes exercise, and a diet rich in zinc and essential fatty acids and low in alcohol. However, there is a proviso: any man who is experiencing prostate problems should not self-medicate, but always see his health care practitioner first to obtain a proper diagnosis.

KEY REFERENCES

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