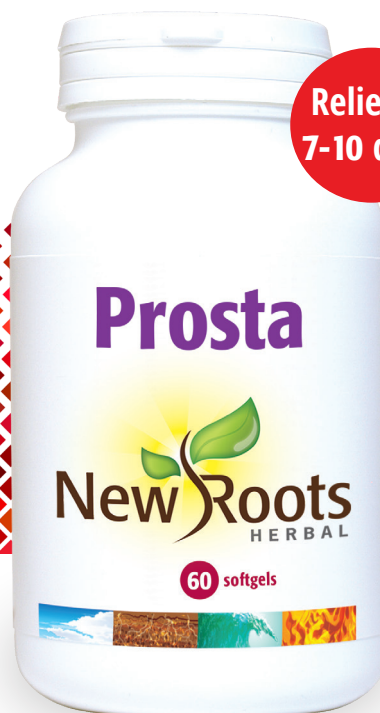


PROSTATE



CARE



Relief in
7-10 days

Prosta

New Roots
HERBAL

60 softgels

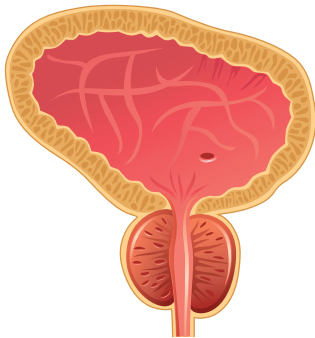
- Information exclusively for healthcare professionals -

40

YEARS OF EXCELLENCE

New Roots
HERBAL

THE IMPORTANCE OF A HEALTHY PROSTATE



HEALTHY PROSTATE

► The problem with the Prostate

Located just below the bladder, the prostate is a gland that affects urinary and sexual function.

After 40, men commonly suffer from some type of disorder of the prostate gland, mainly due to hormonal changes. An accumulation of testosterone can complicate the elimination of DIHYDROTESTOSTERONE (DHT), an androgen that at high concentrations

accelerates the growth of the prostate gland.

This increase in the size of the prostate increases the risk of a series of conditions such as **BENIGN PROSTATIC HYPERPLASIA** (BPH), **PROSTATITIS** (inflammation or infections that can cause pain and fever) and even **PROSTATE CANCER**.

TESTOSTERONE

5-alpha-reductase

DIHYDROTESTOSTERONE (DHT)

High levels of DHT are related to the growth of the prostate gland

SIGNS OF BENIGN PROSTATIC HYPERPLASIA (BPH):

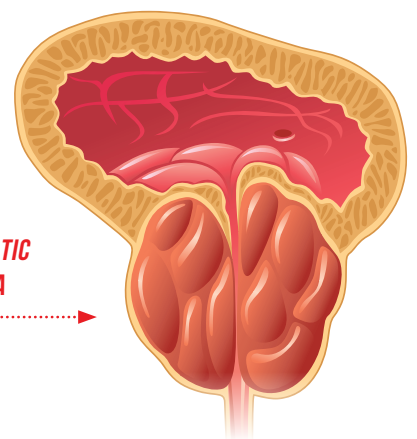
- OBSTRUCTION OF URINARY DUCTS -
- FREQUENT DESIRE TO URINATE, INCLUDING AT NIGHT (NOCTURIA) -
- INTERMITTENT AND WEAK URINARY FLOW -
- INABILITY TO COMPLETELY EMPTY BLADDER -

If you have any of these symptoms, consult with a healthcare professional for assessment.

► RISK factors

Modern diets with a high sugar content, oestrogens such as estradiol, and chemical products in plastics, herbicides and pesticides produce a growth factor which stimulates prostate cells 4 times more than accumulated testosterone. The result is often an **ENLARGEMENT OF THE PROSTATE GLAND** which if left untreated, can carry very harmful risks for the prostate in the long run.

BENIGN PROSTATIC
HYPERPLASIA



RECOMMENDATIONS



FIBER, FRUITS AND
VEGETABLES



RED MEAT, DAIRY
PRODUCTS, REFINED
SUGARS AND FAT.



REGULAR EXERCISE
CONTRIBUTES TO
PREVENTING OTHER
AGGRAVATING FACTORS.



AN EFFECTIVE
SUPPLEMENT TO
YOUR NUTRITIONAL
PROGRAM TO
IMPROVE PROSTATE
HEALTH.

COMPLETE SYNERGIC FORMULA FOR A HEALTHY PROSTATE, WITH: ANTIOXIDANTS, ESSENTIAL FATTY ACIDS, VITAMINS, MINERALS, AMINO ACIDS AND PLANTS

1 - Regulators of DHT metabolism

STEROLS	▶ Sterols inhibit the enzyme 5-alpha-reductase. (1) ▶ They regulate cholesterol. (2)
SAW PALMETTO	▶ A source of beta sitosterols, which inhibit the enzyme alpha-5-reductase. (3,4) ▶ Anti oestrogenic, antiinflammatory and anti oedema. (3,4)
ZINC	▶ Its deficiency is associated with testicular atrophy and infertility. (5,6) ▶ It inhibits the enzyme 5 alpha-reductase. (5,6)
PUMPKIN SEED	▶ It contains zinc and amino acids (glycine, alanine and glutamic acid). (7)
VITAMIN B6	▶ It regulates DHT absorption and steroid receptors. (8)



MECHANISMS OF ACTION

2 - Antiinflammatories

FLOWER POLLEN	▶ It inhibits the growth of prostate cells, decreasing nocturia. (9) ▶ Antiinflammatory action. (10)
BORAGE	▶ Rich in Omega-3 which regulates prostaglandins, (PGE2) reducing inflammation. (11)
OLIVE OIL	▶ With oleic acid which inhibits the production of PGE2. (12) ▶ It improves the absorption of lycopene. (12)
VITAMIN D	▶ It reduces inflammation and the proliferation of prostate cells. (15)

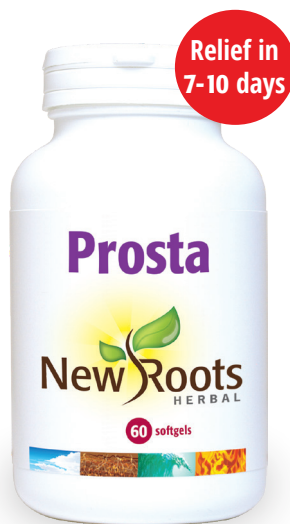
3 - Anti-infectious agents

NETTLE	▶ Diuretic. (13) ▶ It reduces urinary residue, decreasing the possibility of infection. (13)
CRANBERRY	▶ It acidifies the urine. (18) ▶ It prevents the adhesion of bacteria in the urinary tract. (14)

4 - Antioxidants

VITAMIN E	▶ A potent antioxidant which controls cholesterol levels. (16,17) ▶ It inhibits the growth of prostate cells. (16,17)
LYCOPENE	▶ It prevents oxidative damage to prostate cell DNA. (18,19) ▶ It relieves symptoms in the lower urinary tract. (18,19)
SELENIUM	▶ Antioxidant mineral that reduces the risk of prostate cancer. (20)
L-ALANINE L-GLYCINE L-GLUTAMIC ACID	▶ A synergy of amino acids that reduces the symptoms of BPH. (21)





Nutritional information: 1 softgel

Plant sterols (40% beta-sitosterol, 20% stigmasterol and 20% campesterol)	185 mg
Saw palmetto (95% fatty acids)	160 mg
Rye flower pollen	105 mg
Borage oil ⁽¹⁾	100 mg
L-Alanine	50 mg
Cranberry (107x concentrate)	50 mg
L-Glutamic acid hydrochloride	50 mg
L-Glycine	50 mg
Vitamin E	4 mg α-TE (33%*)
Stinging nettle (5% silicic acid)	25 mg
Zinc (citrate)	16 mg (160%*)
Pau d'arco	15 mg
Vitamin B ₆ (pyridoxine)	8.23 mg (588%*)
Lycopene (from tomato)	0.6 mg
Selenium (L-selenomethionine)	50 µg (91%*)
Vitamin D ₃	12.5 µg (500 IU) (250%*)
Olive oil (extra-virgin)	175 mg
Pumpkin seed oil	100 mg

*NRV: Nutrient Reference Value in %

⁽¹⁾ from controlled cultivation

Recommended daily dose:

1–2 softgels daily with a meal.
Do not exceed the stated recommended daily dose.

References:

- Grace, et al. "Effects of testosterone replacement on metabolic and inflammatory markers in men with opioid induced androgen deficiency." *Clinical endocrinology* 85.2 (2016): 232-238.
- Alphonse, Peter AS, Vanu Ramprasath, and Peter JH Jones. "Effect of dietary cholesterol and plant sterol consumption on plasma lipid responsiveness and cholesterol trafficking in healthy individuals." *British Journal of Nutrition* 117.1 (2017): 56-66.
- Latil, Alain, et al. "Effects of hexanic extract of *Serenoa repens* (Permixon® 160 mg) on inflammation biomarkers in the treatment of lower urinary tract symptoms related to benign prostatic hyperplasia." *The Prostate* 75.16 (2015): 1857-1867.
- Argirovi, Aleksandar, and or e Argirovi. "Does the addition of *Serenoa repens* to tamsulosin improve its therapeutic efficacy in benign prostatic hyperplasia?" *Vojnosanitetski preglad* 70.12 (2013): 1091-1096.
- Zaichick, V. Ye, T. V. Sviridova, and S. V. Zaichick. "Zinc in the human prostate gland: normal, hyperplastic and cancerous." *International urology and nephrology* 29.5 (1997): 565-574.
- Zaichick, V. Ye, T. V. Sviridova, and S. V. Zaichick. "Zinc concentration in human prostatic fluid: normal, chronic prostatitis, adenoma and cancer." *International urology and nephrology* 28.5 (1996): 687-694.
- Carbin, B E., B. Larsson, and O. Lindahl. "Treatment of benign prostatic hyperplasia with phytosterols." *BJU International* 66.6 (1990): 639-641.
- Lheureux, Philippe, Andrea Penaloza, and Mireille Gris. "Pyridoxine in clinical toxicology: a review." *European journal of emergency medicine* 12.2 (2005): 78-85.
- Buck, A. C., et al. "Treatment of outflow tract obstruction due to benign prostatic hyperplasia with the pollen extract Cernilton." *BJU International* 66.4 (1990): 398-404.
- Maekawa, M., et al. "Clinical evaluation of Cernilton on benign prostatic hyper trophy—a multiple center double-blind study with Paraprost." *Hinyokika kiyo. Acta urologica Japonica* 36.4 (1990): 495-516.
- Fan, Yang-Yi, and Robert S. Chapkin. "Importance of dietary -linolenic acid in human health and nutrition." *The Journal of nutrition* 128.9 (1998): 1411-1414.
- Frankel, Edwin N. "Nutritional and biological properties of extra virgin olive oil." *Journal of agricultural and food chemistry* 59.3 (2011): 785-792.
- Safarinejad, Mohammad Reza. "Urtica dioica for treatment of benign prostatic hyperplasia: a prospective, randomized, double-blind, placebo-controlled, crossover study." *Journal of herbal pharmacotherapy* 5.4 (2005): 1-11.
- Vidlar, Ales, et al. "The effectiveness of dried cranberries (*Vaccinium macrocarpon*) in men with lower urinary tract symptoms." *British Journal of Nutrition* 104.8 (2010): 1181-1189.
- Espinosa, G., et al. "Vitamin D and benign prostatic hyperplasia-a review." *The Canadian Journal of Urology* 20.4 (2013): 6820-6825.
- Preuss, Harry G., et al. "Randomized trial of a combination of natural products (cernitin, saw palmetto, B-sitosterol, vitamin E) on symptoms of benign prostatic hyperplasia (BPH)." *International urology and nephrology* 33.2 (2001): 217-225.
- Hartman, Terryl J., et al. "The association between baseline vitamin E, selenium, and prostate cancer in the alpha-tocopherol, beta-carotene cancer prevention study." *Cancer Epidemiology and Prevention Biomarkers* 7.4 (1998): 335-340.
- Van Breemen, Richard B., et al. "Antioxidant effects of lycopene in african american men with prostate cancer or benign prostate hyperplasia: a randomized controlled trial." *Cancer prevention research* (2011): canpre-vres-0288.
- Schwarz, Silke, et al. "Lycopene inhibits disease progression in patients with benign prostate hyperplasia." *The Journal of nutrition* 138.1 (2008): 49-53.
- Vostalova, Jitka, et al. "Use of selenium-silymarin mix reduces lower urinary tract symptoms and prostate specific antigen in men." *Phytomedicine* 21.1 (2013): 75-81.
- MacDonald, R., et al. "A systematic review of Cernilton for the treatment of benign prostatic hyperplasia." *BJU international* 85.7 (2000): 836-841.

ISO 17025

