

# Prosta-Flow



## DESCRIPTION:

Nearly 60% of men between the ages of 40 and 60 have an enlarged prostate gland, known as benign prostatic hyperplasia (BPH). The annual medical cost for BPH in the U.S. alone is over a billion dollars. Rectal examination usually discloses an enlarged prostate gland with a rubbery consistency. BPH is attributed to a buildup of testosterone in the prostate. Once inside the prostate, testosterone is converted to dihydrotestosterone (DHT). DHT is a powerful substance that stimulates the prostatic cells to multiply excessively. As the prostate enlarges it presses against the urethra, thus obstructing the flow of urine from the bladder.

## ACTIVES:

**Saw Palmetto** – One 28 day study of 110 BPH patients found 320 mg. daily was effective in reducing painful urination. Night time urination decreased by over 45%, flow rate by over 50% and post-urination residue decreased by 42%.<sup>1</sup> Saw Palmetto relieves the symptoms of BPH by preventing the conversion of testosterone to dihydrotestosterone.

**Pygeum** – has been shown to be useful in cases of BPH in three ways: 1.) Reduces 5-alpha-reductase, known to increase DHT levels, 2.) Reduces inflammatory prostaglandins, 3.) Lowers cholesterol, high levels of which are linked to BPH.<sup>2,3</sup>

**Nettles** – A 1994 study in Tokyo found Nettles suppresses prostate cell metabolism and growth. The Warsaw School of Medicine studied 134 patients with BPH. They found a combination of Nettles and Pygeum significantly reduced problems of urine flow, residual urine and nocturia with very few side effects.<sup>4</sup>

**Beta-Sitosterol** – Four double blind, placebo controlled studies including 519 men over a 4 to 26 week period showed that beta-sitosterol significantly improved urological symptoms and flow measure in those subjects.<sup>5</sup> Beta-sitosterol has been found beneficial in treating Benign Prostatic Hyperplasia (BPH) and in lowering cholesterol. Beta-sitosterol is abundant in plant sterols, saw palmetto, pygeum, pumpkin seed and flax.

**Lycopene** – Numerous studies show an inverse relationship between blood lycopene levels and risk of various types of cancers such as prostate, lung and stomach.<sup>7,8</sup>

**Zinc Arginate** – was studied by researchers for its effects on the prostate. The results indicated a significant reduction of prostate weight and 5-alpha-reductase activity.<sup>6</sup>

**Glycine, Alanine and Glutamic Acid** – A controlled study of 45 men showed 95% had reduced nocturia, 81% diminished urgency and 73 % had to urinate less often using these amino acids. Unlike Saw Palmetto, symptoms do return when supplementation is stopped.

**Vitamin E** – A large prevention trial conducted by the National Cancer Institute and the National Public Health Institute of Finland, shows long term use of 50 I.U.s of vitamin E reduced prostate cancer risk by a third and the disease's death rate by 41%.

### 90 capsules per bottle

#### Two capsules provide:

Vitamin A (acetate)	2,500 IU
Vitamin E (d-alpha tocopheryl)	100 IU
Vitamin B6 (pyridoxine HCl)	25 mg
Zinc (arginine chelazome)*	15 mg
Saw Palmetto (25-30% Std. Extract)	160 mg
Nettles (Std. Extract Salicylic Acid .5-.55%)	150 mg
Pygeum	50 mg
Beta-Sitosterol (from Pygeum & Plant Sterols)	112 mg
L-Alanine	100 mg
L-Glutamic Acid	100 mg
L-Glycine	100 mg
Siberian Ginseng	50 mg
Pumpkin Seed Concentrate	10 mg
Flax Meal	10 mg
Lycopene	10 mg

Other ingredients: Gelatin (from the capsule), Cellulose, Magnesium stearate.

\* Zinc Arginine Chelazome is a registered trademark of Albion Laboratories.

## CLINICAL INDICATIONS:

- Benign Prostatic Hyperplasia (prostate enlargement)
- Prostatitis • Prostate Cancer Protection

## SUGGESTED USAGE:

2 capsules with breakfast and 2 capsules with dinner

## CONTRAINDICATIONS: None Known

## DRUG INTERACTIONS: None Known

## REFERENCES:

1. Champault G, et al. A double-blind trial of an extract of the plant *Serenoa repens* in benign prostatic hyperplasia. *Brit J Clin Pharmacol* 1984; 18:461-2.
2. Bassi P et al. Standardized extract of *Pygeum africanum* in the treatment of benign prostate hypertrophy. *Minerva Urologica*, 1987;39:45.
3. Zurita El et al. Treatment of prostatic hypertrophy with extract African prunus. *Rev Bras Med*, 1984;41:48.
4. Krzeski T, et al. *Clinical Therapeutics* 1993; 15(6):1011-20.
5. Berges RR, Windeler J, Trampisch HJ, Senge T. Randomized placebo-controlled, double-blind clinical trial of beta-sitosterol in patient with benign prostatic hyperplasia. Beta-sitosterol Study Group. *Lancet*. 1995; 345: 1529-1532.
6. Fahim MD; Wang M; Sutcu MF; Fahim Z
7. Gann PH, Ma J, Giovannucci E, et al. Lower prostate cancer risk in men with elevated plasma lycopene levels: results of a prospective analysis. *Cancer Res*. 1999; 59:1225-1230.
8. Giovannucci E. Tomatoes, tomato-based products, lycopene, and cancer: Review of the epidemiologic literature. *J Natl Cancer Inst*. 1999; 91:317-331.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.