

# Prostate Supreme™



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## Prostate Supreme™

Prostate Supreme™ provides balanced and comprehensive support for optimal prostate health and function, which are essential to a man's optimal urinary health and sexual vitality. This formulation promotes a healthy testosterone to dihydrotestosterone (DHT) balance and favorable aromatase activity to limit the conversion of testosterone to estradiol, a process found to cause prostate tissue proliferation and benign prostatic hyperplasia (BPH). BPH, swelling of the prostate gland, is commonly experienced by 50-60% of men over the age of 50. Prostate Supreme™ also supports optimal bladder function and provides targeted nutritional and antioxidant support to rejuvenate the prostate and maintain prostate health.

Available in 60 & 120 count capsules

## Supplement Facts

Serving Size 2 capsules  
Servings per container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	300 IU 80%	L-Glycine	100 mg *
Vitamin B-6 (as Pyridoxine HCL)	10 mg 500%	L-Alanine	100 mg *
Zinc (TRAAACS® Zinc Glycinate Chelate)	10 mg 70%	L-Glutamic Acid	100 mg *
Saw Palmetto ( <i>Serenoa repens</i> ) (fruit)	400 mg *	Pumpkin Seed Extract ( <i>Cucurbita pepo</i> ) (seed)	60 mg *
[standardized to contain 45% fatty acids]		Chrysin	50 mg *
Pygeum ( <i>Pygeum africanum</i> ) (bark)	200 mg *	DIM	50 mg *
[standardized to contain 12% phytosterols]		Lycopene	20 mg *
Nettle ( <i>Urtica dioica</i> ) (root)	200 mg *		
[standardized to contain 0.8% β-sitosterol]			

Other Ingredients: Vegetable stearate, silicon dioxide, bovine gelatin (capsule).

The prostate is a small gland that surrounds the neck of the bladder and urethra, both of which are responsible for ensuring healthy urinary flow. The major known function of the prostate gland is to manufacture and secrete seminal fluid, which carries, nourishes, and protects the spermatozoa necessary for human reproduction. In addition, it helps maintain moisture that protects the lining of the urethra, the passage through which urine and seminal fluids flow out of the body.

## Highlights

Prostate Supreme™ includes the mineral zinc, and the amino acids glycine, alanine, and glutamic acid, all of which are nutrients found in seminal fluid. Maintaining proper levels of zinc in the seminal fluid contributes to maintaining a healthy prostate. Zinc is stored in the prostate gland and is needed for sperm production.

Lycopene is the most abundant carotenoid found in the prostate gland. This carotenoid provides the red color in tomatoes and pink grapefruit. It is an efficient quencher of singlet oxygen free radicals. Lycopene has been linked with reduced risk of prostate and cervical cancers, as well as supporting cardiovascular health.

The high-quality extracts from saw palmetto berries and pygeum are included in this formulation for their legendary activity in sustaining healthy prostate and sexual function. Saw palmetto berry, and its fatty acid constituents, is the most well studied, well known, and widely used herb for supporting prostate health. A three year study in Germany demonstrated that saw palmetto extract significantly promoted prostate health in 73% of the participants. Pygeum, an extract from the bark of an African tree, has been studied in controlled trials over the past 25 years and has shown significant ability to promote prostate health.

Pumpkin seed is a rich source of zinc, fatty acids, and plant sterols, and has a long history of traditional use in maintaining urinary tract and prostate health. Saw palmetto, pygeum bark, and pumpkin seed are also particularly rich sources of beta-sitosterol, which is found in almost all plants and is known to benefit prostate health. Several double-blind placebo controlled studies have documented the ability of beta-sitosterol to support prostate health.

Double-blind studies using extracts from the nettle plant (*Urtica dioica*) have confirmed its ability to support prostate health. The nettle plant (*Urtica dioica*) affects natural sex steroid compounds and the proteins that carry them through the body. Research out of the University of California, Berkeley has also concluded that DIM exhibits potent antiproliferative and antiandrogenic properties. It is known that DIM inhibits dihydrotestosterone (DHT) stimulation of DNA synthesis, that it is a strong competitive inhibitor of DHT binding to the androgen receptor, and it is also an estrogen agonist. Chrysin, a flavonoid found in high concentrations in honey, has been shown to be an inhibitor of aromatase enzyme activity, reducing the over-production of proliferative estrogens from testosterone.

Epidemiological and laboratory data support a role for vitamin D in the growth and differentiation of human prostatic cells; mortality rates from prostate cancer are also inversely related to the availability of ultraviolet (UV) radiation. 1,25(OH)2D exerts pro-differentiating, antiproliferative, and antimetastatic effects on these cells. The consensus emerging from analytic epidemiologic studies is that low levels of UV radiation/vitamin D are indeed associated with an increased risk of prostate cancer in individual men. Vitamin D was added due to studies which link low vitamin D levels to increased incidence of prostate cancer and due to the literature support for the pro-differentiating, antiproliferative, and antimetastatic effects on prostate cancer cells.

### Who Should Take Prostate Supreme™

Men interested in optimal prostate health and those with a personal or family history of benign prostatic hypertrophy or hyperplasia (BPH), men experiencing frequency of urination, and men wishing to reduce the risk of prostate cancer should consider taking Prostate Supreme™. Men over the age of 35 may also want to take Prostate Supreme™ for prevention, whereas men over the age of 50 may find this product beneficial in helping to avoid unpleasant symptoms related to BPH. *Men with active prostate cancer should not take Prostate Supreme™ without consulting with their health care provider.*

### How to Take Prostate Supreme™

Take 2 capsules per day, or as directed by your health care practitioner.

\*Note: Prostate Supreme™ is not intended to be a primary treatment for prostate cancer and is not a replacement for regular prostate

### References

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