

PROSTATE HEALTH-Rx™

Preventative Maintenance for Men's Health

Prostate Health-Rx™ is a specialized men's health product designed to promote the health of the male prostate and to also encourage healthy body cholesterol levels.* This therapeutic formula provides high-potency nutraceuticals shown in clinical studies to address the challenges of prostate health that can lead to an enlarged prostate.* It also contains components that have been medically indicated to promote healthy cholesterol levels.* This advanced liquid formula is delivered within a patented vegetable capsule designed for rapid breakdown. The liquid contents can then be efficiently absorbed and used to promote the health of the male body.

Prostate Health-Rx contains the most powerful herbal components available to promote prostate health.* **In addition, the concentrations of its liquid active ingredients are some of the highest potency on the market and are in accordance with amounts recommended by health professionals through clinical/laboratory research.**

A COMPLEMENTARY NUTRACEUTICAL APPROACH

Prostate Health-Rx contains high quality liquid extracts of the following:

1. Saw Palmetto (400 mg/serving):¹⁻⁴⁹

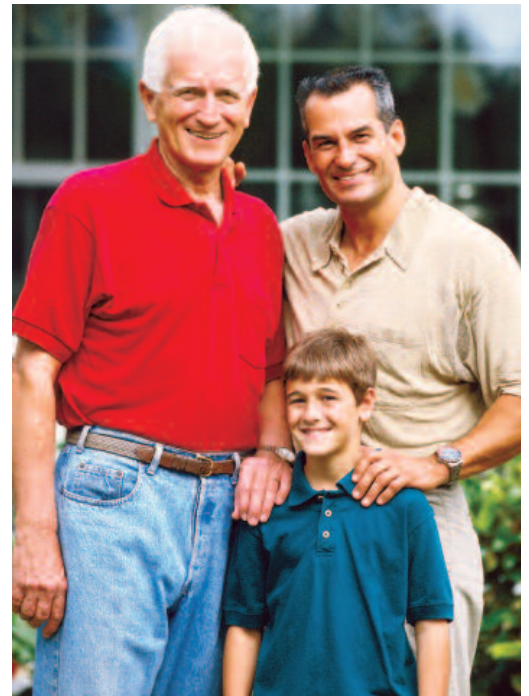
Saw Palmetto has been extensively studied in relation to the health of the prostate. The liposterolic (fat-soluble) extract of saw palmetto provides concentrated amounts of free fatty acids and sterols (such as beta-sitosterol). One study with saw palmetto extract suggests it reduces the amount of dihydrotestosterone (DHT) (an active form of testosterone) binding in the part of the prostate surrounding the urethra (the tube carrying urine from the bladder). Studies also suggest saw palmetto inhibits the action of 5-alpha-reductase, the enzyme responsible for converting testosterone to DHT, which then results in an enlargement of the prostate. In test tubes, saw palmetto also inhibits the actions of growth factors and inflammatory substances that may contribute to prostate problems.

2. Beta-Sitosterol Extract (325 mg/serving):⁵⁰⁻⁵⁸

Beta-sitosterol is one of several plant sterols (cholesterol is the main animal sterol) found in almost all plants. It is believed to be the main active plant sterol found in saw palmetto, pumpkin seed, pygeum africanum, and nettles. Beta-sitosterol—alone and in combination with similar plant sterols—has an effect on the health of the prostate and body cholesterol. This appears to be because beta-sitosterol blocks absorption of cholesterol. In Germany and France, these herbal extracts are sold by prescription only under the names Harzal™ and Permixon™. Beta-sitosterol is already in your diet in common foods that you eat every day but only in small amounts.

"I've had a great experience with Prostate Health-Rx. I have experienced unhealthy prostate challenges for many years. It had become normal for me to get up two or three times per night. I have seen a great difference since I've been on the Prostate Health-Rx. Now, I get up maybe once, and most nights not at all, to go to the bathroom. At my last visit to my urologist asked if I was doing something for my challenge. I showed him the fact sheet for Prostate Health-Rx. He looked it over and noticed where saw palmetto was one of the main ingredients. The doctor said that ingredient has been written up in many clinical journals, and shown to be as effective, if not more effective, than pharmaceuticals being produced today... WITHOUT the side effects of drugs. He said that in light of the success I was having, he would suggest I continue to keep using the product. Prostate Health-Rx has greatly improved the quality of my life!"

Bill B., Minnesota

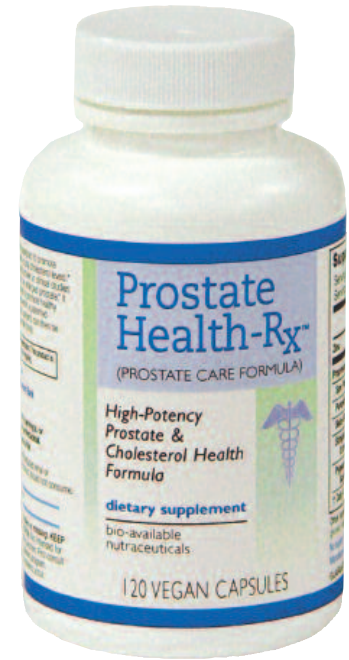


High-Potency Prostate Care with Cholesterol Support

- Prostate cancer is the leading cause of cancer in men.
- By age 70, 60% of American men will have an enlarged prostate gland (Benign Prostatic Hyperplasia). At age 80, this number increases to 85%.
- Each year, as many as 12 million American men suffer from symptoms of BPH that propel them to seek medical treatment.
- In America today, four out of five American men are likely to develop prostate problems during their lifetime.

***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. Research is ongoing.**

PROSTATE HEALTH-Rx™ Liquid-Caps™



High-Potency Prostate Care with Cholesterol Support

3. Pygeum Africanum (200 mg/serving)⁵⁹⁻⁸⁰

Pygeum is an evergreen tree found in the higher elevations of central and southern Africa. Its bark has been shown to significantly promote the health of the prostate. Chemical analysis and pharmacological studies indicate the lipophilic extract of pygeum bark has three categories of active constituents:

- 1) Phytosterols, including beta-sitosterol, have anti-inflammatory effects by interfering with the formation of hormone-like substances in the body (prostaglandins) that tend to accumulate in the prostate of men with benign prostatic hypertrophy (BPH).*
- 2) Pentacyclic terpenes have an anti-edema, or decongesting, effect.*
- 3) Ferulic esters indirectly control testosterone activity in the prostate, which promote the health of an enlarged prostate.*

4. Nettle Extract [Urtica Dioica] (250 mg/serving)⁸¹⁻⁹⁶

Nettle is a leafy plant found in most temperate regions of the world. Studies suggest the leaf has anti-inflammatory actions, which may explain its beneficial effect on prostate health.* This is thought to be caused by nettle preventing the body from making inflammatory chemicals known as prostaglandins.* In addition, nettle's root affects hormones and proteins that carry sex hormones (such as testosterone or estrogen) in the human body. This may also help explain why it promotes prostate health.

5. Pumpkin Seed Oil (500 mg/serving)⁹⁷⁻¹⁰¹

Pumpkin seeds contain several major groups of active constituents: essential fatty acids, amino acids, phytosterols (e.g. beta-sitosterol), minerals, and vitamins. Pumpkin seed oil has been used in combination with saw palmetto in double-blind trials to effectively reduce symptoms of benign prostatic hypertrophy (BPH).* Additional studies have been done looking at the effects of pumpkin seed oil on the prostate when given alone. Animal studies have shown that pumpkin seed extracts can improve the function of the bladder and urethra.

6. Zinc (15 mg/serving)¹⁰²⁻¹⁰⁹

Zinc is found in high concentrations in the human prostate gland. It plays a role in the normal physiologic processes that help promote a normal functioning prostate gland.*

Ingredient Ratings for Clinical Effect

Ingredient	Nutritional Rating	Minimum Used for Clinical Effect	Amount / Serving in Prostate Health-Rx
1. Saw Palmetto	★★★★★	320 mg ¹⁻⁴⁹	400 mg
2. Beta-Sitosterol	★★★★★	130 mg ⁵⁰⁻⁵⁸	325 mg
3. Pygeum Africanum	★★★★★	100 mg ⁵⁹⁻⁸⁰	200 mg
4. Nettle	★★★★	240 mg ⁸¹⁻⁹⁶	250 mg
5. Pumpkin Seed Oil	★★★★	480 mg ⁹⁷⁻¹⁰¹	500 mg
6. Zinc	★★★	15 mg ¹⁰²⁻¹⁰⁹	15 mg

The Prostate Health-Rx formula provides high-potency botanicals shown in clinical studies to promote healthy cholesterol levels and address the challenges of prostate health that can lead to an enlarged prostate.* This advanced liquid formula is delivered within a patented vegetable capsule designed for rapid breakdown and effective absorption.

"As I started getting older, I noticed where it became more difficult to urinate, and I was getting up during the night to go to the bathroom, sometimes 3 or 4 times a night. A close friend of mine brought the topic up one day, and I mentioned I had been having some challenges with my prostate. I talked with my doctor and learned about a product called Prostate Health-Rx. After several weeks of using it, I can sleep straight through the night until I have to get up at 4:30 am to go to work. More men over forty should learn about this product!"

Tim J., Iowa

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