ZINC ASPARTATE helps the prostate in a variety of ways. The prostate contains a higher concentration of zinc than any other organ in the body. The hormone prolactin increases testosterone absorption by the prostate. Excess testosterone stimulation is known to increase the risk of prostate disorders (benign and malignant). Zinc inhibits the enzyme 5-alpha reductase. This enzyme converts testosterone to dihydrotestosterone, the form of testosterone thought to be most responsible for benign proliferative changes to the prostate gland. Zinc supplementation has been shown to reduce the size and symptoms of benign prostate disorders in a majority of patients.*

SAW PALMETTO EXTRACT (\textit{Serenoa repens}) is indicated for prostate complaints and irritable bladder. The free fatty acids, sitosterols, flavonoids, and polysaccharides in saw palmetto have been shown to have positive benefits on nocturia, flow rate, and residual volume.*

NETTLE LEAF EXTRACT (\textit{Urtica dioica}) has been shown to inhibit the enzyme aromatase, which converts testosterone to estradiol. Aromatase and the resulting higher levels of estradiol have been implicated in the cause (pathogenesis) of benign prostatic hyperplasia.*

PYGEUM AFRICANUM EXTRACT improved urinary flow, voided urine volume, and reduced residual urinary volume in test subjects. Nightly urinary frequency (nocturia) and daytime frequency were also reduced.*

PUMPKIN SEED & BETA SITOSTEROL Pumpkin seed oil is a rich source of beta sitosterol. Administration of pumpkin seed extract/oils or the purified beta sitosterol may be beneficial for prostate health. Overall prostate scores, urine flow, and prostate volume improved during therapy in some studies.*

REFERENCES:

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


LYCOPENE is a carotenoid that may protect humans from certain disorders, such as disorders of the prostate. Lycopene may have anticarcinogenic and antiatherogenic activities. Lycopene has antioxidant protective properties.*

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