

Prosta

60 softgels / Code FE0890



Prosta, is a food supplement consisting of **18 synergistically combined ingredients** for a complete and advanced formula for a healthy prostate. It contains plant extracts such as saw palmetto, nettle, cranberry, pau d'arco, pollen extract, pumpkin seed extract, essential fatty acids obtained from high quality and organically cultivated oils such as olive and borage oil, plant sterols, vitamin B6 and vitamin E, zinc and selenium, carotenoids such as lycopene and amino acids in their natural and free forms.



HEALTH CLAIMS (Regulation EU N° 432/2012): *Serenoa repens, Urtica dioica and Secale cereale: Support of normal urinary function and helps to maintain a healthy prostate.*

Dairy free.

Animal origin: Vitamin D3 (sheep lanolin) / bovine gelatine (softgel) / bee pollen

Common allergens: rye flower pollen extract

FORMAT: 60 softgels

FORMULA

Ingredients: Plant sterols, saw palmetto oil extract (*Serenoa repens*), olive oil (extra virgin) (*Olea europaea*), rye flower pollen extract (*Secale cereale*), borage oil (*Borago officinalis*), pumpkin seed oil (*Cucurbita pepo*), zinc citrate, mixed tocopherols (vit. E), cranberry fruit concentrate (*Vaccinium macrocarpon*), L-alanine, L-glycine, L-glutamic acid hydrochloride, gelling agent (sunflower lecithin), stinging nettle extract (*Urtica dioica*), pau d'arco bark (*Tabebuia avellanedae/T. heptaphylla*), pyridoxine hydrochloride (vit. B6), anticaking agent (silicon dioxide), thickener (beeswax), tomato extract (*Solanum lycopersicum*), L-selenomethionine, cholecalciferol (vit. D3), annatto extract (*Bixa orellana*) softgel (glazing agent: gelatin; humectant: glycerol and purified water).

Nutritional information:	1 softgel	NRV*
Plant sterols (40% beta-sitosterol, 20% stigmasterol and 20% campesterol)	185 mg	
Saw palmetto (<i>Serenoa repens</i>) (95% fatty acids)	160 mg	
Rye flower pollen (<i>Secale cereale</i>)	105 mg	
Borage oil (<i>Borago officinalis</i>) ⁽¹⁾	100 mg	
L-Alanine	50 mg	
Cranberry (<i>Vaccinium macrocarpon</i>) (107x concentrate)	50 mg	
L-Glutamic acid hydrochloride	50 mg	
L-Glycine	50 mg	
Vitamin E	4 mg α -TE	33%
Stinging nettle (<i>Urtica dioica</i>) (5% silicic acid)	25 mg	
Zinc (citrate)	16 mg	160%
Pau d'arco/lapacho (<i>Tabebuia avellanedae/T. heptaphylla</i>)	15 mg	
Vitamin B6 (pyridoxine)	8,23 mg	588%
Lycopene (from tomato, <i>Solanum lycopersicum</i>)	0,6 mg	
Selenium (L-seleniomethionine)	50 μ g	91%
Vitamin D3 (500 UI/softgel)	12,5 μ g	250%
Olive oil (extra-virgin) (<i>Olea europaea</i>)	175 mg	
Pumpkin seed oil (<i>Cucurbita pepo</i>)	100	

* NRV: Nutrient Reference Value in %. ⁽¹⁾ from controlled cultivation

Cautions:

Consult a health-care practitioner prior to use if you are treated with anticoagulants. Not recommended for use in women of childbearing age and pre-pubertal subjects of both sexes.

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Recommended daily dose:

1-2 softgels daily with a meal.

Some men might need to take 2 softgels daily. As food supplement or for prevention 1 softgel daily may be enough.

Do not exceed the stated recommended daily dose.

Indications and uses:

- The prevention of problems related with the prostate gland, good prostate health maintenance and relief of prostatitis (infection and inflammation).
- The relief of the symptoms of benign prostatic hyperplasia: a frequent desire to urinate, urinary urgency, intermittent and weak urine flow, inability to completely empty the bladder, nocturia.
- It is also effective in the treatment of prostate gland disorders.

DETAILS:

Prosta is a food supplement that combines several ingredients which act in synergy and are recognized for their positive effects on the prostate gland, preventing and treating its disorders.

The most common prostate disorders are benign prostatic hyperplasia (BPH), prostatitis and cancer. After age 40, due to hormonal changes, men usually suffer from some disorder of the prostate gland, which begins to change and enlarge (BPH), affecting urinary and sexual function.

Some of the symptoms of BPH are obstruction of the urinary ducts, the desire to urinate frequently, even at night, urinary urgency, intermittent and weak urine flow and the inability to completely empty the bladder.

The prostate develops under the influence of androgens like dihydrotestosterone (DHT), formed by the enzyme 5-alpha reductase. High levels of prolactin and oestrogen increase the accumulation of testosterone, making the elimination of DHT difficult. Epidermic growth factor (EGF) also stimulates an increase in the prostate gland. Modern diets with a high sugar content can also increase a growth factor, stimulating prostate cells 4 times more than the accumulation of testosterone. Oestrogens such as estradiol, chemical products from plastics, herbicides and pesticides also stimulate prostate cells. The normal elimination of tissue cells through apoptosis is interrupted due to poor diet and toxins, and the result is often an enlargement of the prostate gland, which left untreated can eventually lead to prostate cancer.

The gland can also be affected by infection and inflammation (prostatitis), which is associated with symptoms such as pain upon urination and fever.

The pressure exerted by bicycles seats, circulatory congestion in the pelvic cavity from obesity, and a sedentary lifestyle can also be causes of prostate gland problems.

High cholesterol is also an important factor in prostate problems, since it initiates the degeneration of prostate cells which can promote enlargement of the prostate. It is therefore important to prevent cholesterol from accumulating in prostate cells.

Diet is fundamental for the prevention of prostate problems, and supplementation with nutrients that help maintain good prostate health should be considered, along with a proper diet and physical exercise.

Diverse studies indicate that certain antioxidants, essential fatty acids, vitamins, minerals, amino acids and plants can be of help.

INGREDIENTS:

STEROLS AND STEROLINS WITH BETA-SITOSTEROLS, STIGMASTEROLS AND CAMPESTEROLS: These significantly inhibit the enzyme 5-alpha reductase, involved in testosterone metabolism, and therefore reduce DHT. They regulate cholesterol, which is basic for sex hormone function, and balance T-cells (immunologic helpers)⁽¹⁻⁴⁾

SAW PALMETTO OIL (*Serenoa repens*): This is a natural source of Beta-sitosterols, which reduce DHT. It prevents the intraprostatic conversion of testosterone into DHT and inhibits the transport and intracellular organization of DHT. It is an anti-

oestrogenic, anti-inflammatory and anti-oedema agent, and has shown excellent results in improving the symptoms of BPH^(5,6).

RYE FLOWER POLLEN EXTRACT (*Secale cereale*): This has long been used in Europe, and has proven to relieve the symptoms of BPH and prevent prostate gland enlargement. It inhibits the growth of prostate cells and has an anti-inflammatory action⁽⁷⁾.

ORGANIC BORAGE OIL (*Borago officinalis*): Borage oil is rich in omega-3 essential fatty acids, which regulate the series 2 prostaglandins (PGE2) that cause inflammation and release many tissue growth factors⁽⁸⁾.

L-ALANINE, L-GLYCINE AND L-GLUTAMIC ACID: This is a synergic combination of amino acids that has been proven in several studies since the 1950s to reduce the symptoms of benign prostatic hyperplasia⁽⁹⁾

CRANBERRY (*Vaccinium macrocarpon*): Cranberry acidifies the urine, is astringent and prevents the adhesion of bacteria in the urinary tract⁽¹⁰⁾.

VITAMIN E: This is a powerful antioxidant that also helps control cholesterol levels and protect against cancer. It inhibits the growth of prostate cells, induces apoptosis (elimination) of old prostate cells and acts in synergy with lycopene⁽¹¹⁾.

STINGING NETTLE (*Urtica dioica*): This is a good diuretic, increasing urine flow and reducing its residue, which can be a cause of infection. This extract interferes with testosterone metabolism⁽¹²⁾.

ZINC CITRATE: This is a very well absorbed form of the mineral. Zinc plays a very important role in the prevention and treatment of BPH. It is involved in many aspects of hormone metabolism. The prostate accumulates it in order to regulate the entry of DHT, and groups together free DHT and inhibits its production. Zinc reduces the production of prolactin in the pituitary gland and groups together free prolactin. Zinc has been shown to reduce prostate size⁽¹³⁾.

PAU D'ARCO/LAPACHO (*Tabebuia avellanedae/T. heptaphylla*): contains quinones which fight fungal, yeast and viral infections, including activity against onco-viruses. It also has a very important antibacterial activity^(14,15).

VITAMIN B6: This is an essential co-factor in many enzymatic systems, from energy production to detoxification. Pyridoxine regulates steroid receptors and DHT absorption. Vitamin B₆ also works in synergy with zinc⁽¹⁶⁾.

LYCOPENE (from tomato, *Solanum lycopersicum*): Lycopene is a type of carotenoid. It's an antioxidant that prevents DNA damage in prostate cells, and prevents and treats prostate cancer⁽¹⁷⁾.

SELENOMETHIONINE: An antioxidant mineral that quickly accumulates in the prostate gland, it acts in synergy with vitamin E and reduces the risk of cancer⁽¹⁸⁾.

VITAMIN D3: Many epidemiological studies have shown a relationship between a deficit in vitamin D and the risk of prostate cancer, observing that patients with prostate cancer present lower serum levels of the vitamin D metabolite than control patients. Prostate cells contain receptors for the active form of vitamin D, and when they are cancerous, apoptosis occurs in the presence of this vitamin, along with a decrease in their proliferation, invasion and metastasis⁽¹⁹⁾.

ORGANIC OLIVE OIL (*Olea europaea*): Olive oil contains oleic acid, which inhibits the production of PGE2, reduces inflammation and increases apoptosis⁽²⁰⁾.

PUMPKIN SEED (*Curcubita pepo*): This is rich in important nutrients for the prostate such as zinc and the amino acids glycine, alanine and glutamic acid, as well as essential fatty acids⁽²¹⁾.

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