



Prostate Health Brochure

www.virilityhealth.com

(Price correct at time of publishing)

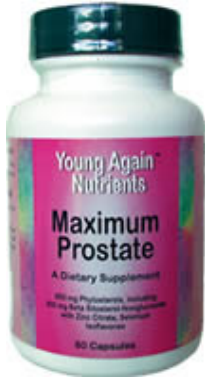
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Maximum Prostate



Money Back Guarantee

Men, Do You

- Get up nights to go to the bathroom?
- Have trouble getting Your stream to Start?
- Look for a men's room everywhere you go?
- Need to "go" so urgently, you can't wait?
- Worry about impotence or sexual dysfunction?

Most urination problems like those listed above are caused by the natural growth of your prostate. As you grow older there is NO way to stop your prostate from growing bigger. But there is a new discovery, used by tens of thousands of men in Europe that will take care of your urination problems.

This same miracle could protect you from getting prostate cancer and may well help you overcome prostate cancer without having to undergo the use of dangerous drugs, debilitating and dangerous surgery, harmful radiation, and catastrophic microwave damage to your tissues.

The miracle is called Maximum Prostate. Each capsule contains 300mg. of beta-sitosterol, the "prostate miracle." We absolutely guarantee that if you will take our capsules, 2 daily, for 60 days, that you will experience a significant improvement in your urination problem.

Our Unbeatable Money-Back Guarantee

We are so convinced that Maximum Prostate works exactly as represented here that if you can honestly write to us, tell us that you used Maximum Prostate as recommended for 60 days, and experienced no improvement, we will refund you the full purchase price!

Maximum Prostate (60 tablets) £20.56 (Inc: VAT at 17.5%)

Maximum Prostate (120 tablets) £35.25 (Inc: VAT at 17.5%)

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Ingredients

Serving Size : 1 Capsule

Ingredient	Quantity	Measure
Maximum Better Prostate: Serving Size 1 capsule		
Beta Sitosterol	300	mg
Campesterol	150	mg
Stigmasterol	135	mg
Brassicasterol	15	mg
Isoflavones 40% Standardized Extract	25	mg
Selenomax™ (selenium) 35 mcg	35	mcg
Zinc Citrate	10	mg
Other Ingredients: Gelatin		

Summary of the published research on beta-sitosterol:

1. Beta-sitosterol is the miraculous common denominator in saw palmetto, Pygeum africanum, pumpkinseed oil, stinging nettles, and other natural prostate remedies.
2. Maximum Prostate capsule contains 300mg. of pure natural mixed beta- sitosterols from plant sources (sugar cane pulp) plus 15mg. of zinc citrate. Each 300mg. caplet has as much sterol content as 3000 capsules of dried saw palmetto berries. You read that correctly-3000 capsules of saw palmetto.
3. This is the only offering of pure beta-sitosterol for nutritional prostate support.
4. Numerous international scientific journals have published scientific studies that prove that beta-sitosterol is the most effective remedy known for prostate problems. Journals like the International Journal of Immunopharmacol, 1996; The Lancet, 1995; European Journal of Drug Metab., 1997; Anticancer Research, 1996; European Patent EP 287,000, Minerva Urologia, 1985; British Journal of Clinical Pharmacology, 1984; Medizinische Klinik, 1982; European Urology, 1992 and 1994, and Fortsher. Med., 1980.
5. Beta-sitosterol is already in your diet in common foods we eat every day but only in small amounts. It is completely safe and without side effects.
6. Herbal extracts are sold in Germany and France by prescription only under the names Harzal and Permixon. They are expensive and contain only a small fraction of the beta-sitosterol contained in a single caplet of Maximum Prostate. Even the best herbal extracts sold in the U.S. contain only small amounts of beta-sitosterol, and most of them require that you take 6 or more tablets a day.
7. Each year over 400,000 men in the United States alone undergo prostate surgery and over a billion dollars a year is spent on prostate treatment. Proscar, the leading drug, is highly dangerous and

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according to the United States Veteran's Administration is no more effective than sugar pills. Surgery often results in incontinence and impotence. Are you ready to wear diapers, suffer castration, and never have sex again?

8. Prostate cancer is the second leading cause of death for men after lung cancer. 90% of prostate cancer goes undetected until it is untreatable and has spread to the lymphatic system. By the age of 50, 35% of men have cancer cells in their prostate.

9. Odds are 2 to 1 you'll have prostate problems by the time you are 60. By age 65 most men have enlarged prostates. The first signs are night urination and difficult urination. Literally 97% of all men will be affected with prostate problems during their lifetime. Fortunately, nature has given us a natural remedy to support good prostate health.

Recently Reported Testimonials

We frequently hear of people using Maximum Prostate and seeing obvious results. Here are a few. Can we add yours soon?

"Thank God for Roger Mason! After using Maximum Prostate for 7 days my life has been changed. I now sleep soundly, my urination frequency is normal and the pain is gone! Send me 10 more bottles."

"Getting up 8 times a night to 0 the 2nd day on the product and continuing."

"Erection every morning after none in 10 years."

"Much stronger, longer lasting erections."

"All urination symptoms, urgency, frequency, low flow, dribble gone after 2 days on the product."

"Went off the Flomax drug because of side effects and not working that well, had to get up 8 -10 times until first night on the product, I slept through the night for the first time in many years."

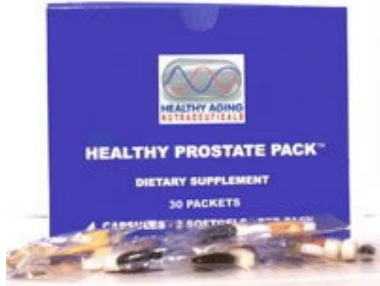
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Healthy Prostate Pack



Complete Prostate Health Package - 28 Prostate Health Supplements in 1 Daily Pack

The Most Comprehensive Natural Supplement to Support Prostate Health.

Each Container contains 30 Packs (1 months supply), each convenient pack containing 4 vegetarian capsules and 2 soft-gels with a total of 27 natural ingredients.

Recommended Dosage: 1 pack a day

If you order these ingredients separately you can pay over three times more.

YOU DESERVE THE BEST – DON'T SETTLE FOR LESS – DON'T PAY MORE

Price: £37.60 (Including: VAT at 17.5%)

Ingredients

Beta Sitosterol, Pollen Flower, Pygeum Africanum, Saw Palmetto, Pumpkin Seed Oil, Quercetin, Resveratrol, Selenium, Zinc Picolinate, Soy Isoflavone, Lycopene, LinumLife - Flax Lignans, Stinging Nettle Root, Boron, Chrysin, DIM (Di-Indolyl Methane), Cat's Claw, Panax Ginseng, L Alanine L Glycine and L Glutamic Acid, Evening Primerose Oil, Organic Flax Oil, Borage Oil, Marine lipid concentrate DHA EPA, Bioperine

BETA SITOSTEROL

Beta-sitosterol is the active ingredient in saw palmetto berries, which have been used for centuries to treat patients with prostate and urinary problems. The active ingredient in saw palmetto as well as other herbal remedies such as Pygeum, stinging nettle, and pumpkin seeds is beta-sitosterol. Each Beta Sitosterol capsule contains 300 mg of beta-sitosterol. You would have to eat 2 lbs. of saw palmetto to get the same amount of beta-sitosterol as we have in ONE tablet.

Beta-sitosterol is the miraculous common denominator in saw palmetto, Pygeum africanum, pumpkinseed oil, stinging nettles, and other natural prostate remedies.

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POLLEN FLOWER

Pollen Flower provides relief for many prostate-related issues that are experienced by the majority of men over 40-years of age. The main ingredient is rye pollen. All possible allergens and impurities are removed by a very sophisticated and complex process.

Pollen Flower can yield prostate health benefits within weeks, rather than the months which are typical of other nutritional supplements for prostate health.

Pollen Flower has been shown to provide the following benefits:

Reduction in prostate congestion

Decrease number of night time bathroom trips

Inhibition of the binding of 5-alpha-dihydrotestosterone (DHT) to prostate cells
Pollen Flower can yield prostate health benefits within weeks, rather than the months which are typical of other nutritional supplements for prostate health.

Saw Palmetto and other supplements marketed for prostate health have no impact on reducing the volume (or size) of an enlarged prostate. Pollen Flower does! (In Japan, pollen extracts are one of the preferred treatments for enlarged prostate.)

Pollen Flower has a calming effect upon spasms of the musculature of the smooth muscles of the urethra and bladder neck. It improves contractibility of the bladder and reduces inflammation.

PYGEUM AFRICANUM

Pygeum africanum is a large evergreen tree found in central and southern Africa. The extracts from the Pygeum bark contain several compounds thought to be helpful in prostate enlargement. Pygeum extracts have been used for more than 30 years in France, Germany, and Austria for patients suffering with prostate enlargement. Benign prostatic hyperplasia (BPH), a nonmalignant enlargement of the prostate that occurs in most men over 60, can lead to urinary frequency and nocturia (waking up at night to go to the bathroom). Frequent interruption of sleep leads to daytime tiredness. The pharmacologic use of plants and herbs for the treatment of BPH has been growing steadily and a well-known herb used for this purpose is saw palmetto. The extract of the African prune tree, Pygeum africanum, is one of several herbal agents used by many men who have BPH.

What's in Pygeum africanum?

The extracts from pygeum include beta-sitosterol, other plant estrogens, triterpenes, and certain compounds known as ferulic acids.

SAW PALMETTO

Saw Palmetto: supports healthy prostate function, improves body strength, supports healthy hormonal balance and healthy immune function, increases libido.

Saw Palmetto (*Serenoa serrulata*) is native to the West Indies and the Atlantic coast of North America. Native Americans and early American settlers used the berries to treat problems associated with the reproductive system, genitals and urinary tract. It has been widely used in Europe and Canada for

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years, and more recently in the United States. There is much research and documentation that supports the benefits of Saw Palmetto for prostate and the urinary tract. Nearly 50% of men over 50 will experience benign prostatic hyperplasia (BPH), an enlargement of the prostate. One in seven over this age will be diagnosed with prostate cancer. Saw Palmetto may be as effective in treating BPH as prescription medication. A clinical trial conducted in France reported that the number of times men had to urinate at night decreased by 45%, and urine flow rate increased by 50%. In another study, 1300 men that suffer from enlarged prostate were given Saw Palmetto extract for 12 weeks, the participants noted the following: 1) less nighttime urination 2) increased urine flow and volume. In addition, an analysis paper on the clinical trials of Saw Palmetto published by the Journal of the American Medical Association (JAMA) found that men given saw palmetto were twice as likely to report an improvement in symptoms than those given a placebo. Plant part used is the berry, and the active constituents are free fatty acids and sterols that are standardized to 85-95%.

Our Saw Palmetto is standardized to 85-95% fatty acids

PUMKIN SEED OIL

Pumpkin seed oil has been used in combination with saw palmetto in two double blind human studies to effectively reduce symptoms of Benign Prostatic Hyperplasia (BPH). Researchers have suggested that the zinc, free fatty acid, or plant sterol content of pumpkin seeds might account for their benefit in men with BPH. Studies have shown that pumpkin seed extracts can improve the function of the bladder and urethra, this might partially account for BPH symptom relief.

QUERCETIN

Quercetin may be the strongest of nature's anti-inflammatories. Numerous studies have shown it effective in treating a wide range of prostate related problems. A recent published study demonstrates quercetin provides long-term symptomatic relief with few side effects to men that are afflicted with nonbacterial prostatitis. Please read about Quercetin's Role in the treatment of chronic prostatitis: Double-Blind Study Proves Quercetin Relieves Prostatitis Symptoms.

RESVERATROL

Resveratrol is a compound produced by many plant species and is thought to be helpful in reducing serum lipids and may have favorable cardiovascular implications. It is produced by *Vitis vinifera* and *labrusca* grapes and is found in grape products including red and white wines. Resveratrol has been proven effective in extending life up to 30% and is key in the prevention of many types of cancers and more over heart disease.

Resveratrol is studied by nutritionists and biochemists because of its potential as an anticancer and cardioprotective compound. Resveratrol belongs to the phytoalexin class of phytochemicals and functions as a moderate antioxidant, quenching free radical damage linked to several cancers. The compound has also demonstrated anti-inflammatory properties that help it to block reactions associated with the cancer process.

SELENIUM

Is a potent antioxidant important in promoting and maintaining prostate health. L Selenomethionine is the form use in this formula. It is a highly absorbable and bio-available form of Selenium.

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ZINC PICOLINATE

Zinc helps tissues grow and repair themselves. In addition to helping heal wounds faster, zinc is probably the most important mineral for keeping the immune system strong. Too little zinc can lead to a drop in infection-fighting white blood cells, which can increase your risk of getting sick. On the other hand, too much zinc may interfere with the workings of another trace mineral you need: copper. As with most minerals, high intake may prove toxic, and too much zinc can damage the immune system. Take no more than 90 milligrams of zinc per day

Zinc Picolinate is the form use in this formula. It is a highly absorbable and bio-available form of Zinc

SOY ISOFLAVONE EXTRACT 40%

Soy Isoflavones effectively Prevent Cancers and Reduce Risk of Heart Disease. SOY ISOFLAVONES have been in the news recently for their known help in lowering cholesterol and reducing the risk of heart disease. This supplement is also important for prostate health. The main constituents in soy that are helpful are genistein and daidzein. These are NOT 'Phytoestrogens' as many so-called experts will allege as there is no estrogen, or testosterone, progesterone, DHEA, melatonin in any plant.

Studies on prostate health and isoflavones have been published in journals such as Prostate, Anticancer Research, Journal of Endocrinology and many others. The proof is overwhelming. Read a Summary of the evidence recently published by the National Institutes of Health SOY ISOFLAVONES OVERVIEW.

LYCOPENE

Lycopene is an open-chain unsaturated carotenoid that imparts red colour to tomatoes, guava, rosehip, watermelon and pink grapefruit.

Lycopene is a proven antioxidant. Antioxidants neutralize free radicals, which may damage the body's cells.

Research shows that lycopene in tomatoes can be absorbed more efficiently by the body if processed into juice, sauce, paste and ketchup. The chemical form of lycopene found in tomatoes is converted by the temperature changes involved in processing to make it more easily absorbed by the body.

LINUMLIFE - FLAX LIGNANS

LinumLife is an extract from flaxseed that is highly concentrated in lignans. LinumLife provides between 10 to 30 times more lignans than whole flaxseed or other flax ingredients.

The main lignan in flax is secoisolariciresinol diglucoside, or SDG. When ingested, micro-organisms in the colon convert SDG into enterodiols and enterolactone, the so-called mammalian lignans. These are the body's own active forms of lignans.

Characteristic for phytoestrogens, lignans can weakly bind to estrogen receptors. A sufficient level of these lignans can compete with natural estrogen for the estrogen receptors, resulting in balanced estrogen levels in the blood. This basic mechanism has different effects in men and women.

Lignans and hair loss

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Androgenetic alopecia (AGA) is the most common type of hair loss in men and women. AGA can be defined as a testosterone dependent process.

When a hair is shed, the active form of testosterone (DHT) initiates the miniaturization of hair root and follicle. Lignans balance DHT levels and thereby prevent hair follicles from being miniaturized.

STINGING NETTLE ROOT (URTICA DIOICA)

Stinging Nettle root is an herb with stinging hairs found in the United States mostly in forests, mountains, weedy, undisturbed areas and roadsides. Extracts of the stinging nettle roots have been used in Germany for the therapy of prostate disorders and rheumatoid arthritis.

Stinging Nettle benefits

Stinging nettle has been shown to inhibit the body from making certain inflammatory chemicals known as prostaglandins. Stinging nettle's root may affect hormones levels and proteins in the blood that carry sex hormones (such as testosterone or estrogen). One study described later found the combination of stinging nettle and saw palmetto was as good as finasteride (Proscar) in reducing symptoms of prostate enlargement. Stinging nettle appears to also have antioxidant properties.

As men age, their ratio of estrogen to testosterone increases, making it important to inhibit the effects of estrogens, sex hormone binding globulin (SHBG), and dihydrotestosterone (DHT).

Stinging Nettle root helps to inhibit the proliferation of prostate cells in response to estrogen and SHBG.

The prostate gland also benefits from Stinging Nettle root. In Germany, Stinging Nettle root has been used as a treatment for benign prostatic hyperplasia (enlargement of the prostate gland) for decades. A metabolite of testosterone called dihydrotestosterone (DHT) stimulates prostate growth, leading to enlargement. Stinging Nettle root inhibits the binding of DHT to attachment sites on the prostate membrane.

Stinging Nettle root extracts also inhibit enzymes such as 5-alpha Reductase that cause testosterone to convert to DHT. It is the DHT metabolite of testosterone that is known to cause benign prostate enlargement, excess facial hair, and hair loss at the top of the head.

BORON

Help protect the health of the prostate gland.

When examining the data from the National Health and Nutrition Examination Survey (NHANES), researchers uncovered a significant relationship between boron and prostate cancer risk. After comparing the diets of nearly 8,000 men, they found that the risk of prostate cancer for men consuming an average of 1.8 milligrams of boron was less than one-third the risk for men consuming half that amount.

CHRYSIN

Chrysin (5,7- Dihydroxyflavone) is a potent bioflavonoid found in the plant *Passiflora coerulea*, a member of the passion flower family. Chrysin is the most powerful of several flavonoids that have been tested and found to exhibit anti-estrogenic activity in-vitro by inhibiting the aromatization process.

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This product has been shown to have a significant effect in modulating the response to stress. It binds to receptors in the brain known as the benzodiazepine specific receptor sites. As a result, Chrysin can aid athletes in dealing with the stress of training.

DIM (DI-INDOLYL METHANE)

Cancer prevention by DIM (Di-Indolyl Methane) that increases the good estrogen metabolites and decreases the bad estrogen metabolites

Supplementing the diet with DIM and eating cruciferous vegetables increases the specific aerobic metabolism for estrogen, multiplying the chance for estrogen to be broken down into its beneficial, or 'good' estrogen metabolites. These 'good' estrogen metabolites are known as the 2-hydroxy estrogens. Many of the benefits that are attributed to estrogen, which include its ability to protect the heart and brain with its antioxidant activity, are now known to come from these 'good' metabolites.

CAT'S CLAW

Cat's claw, also known as una de gato (its Spanish name), is a high-climbing, woody vine that grows profusely in the upper Amazon regions of Peru, Columbia, Ecuador, and other South American countries. At the base of the plant's leaves are two curved thorns that resemble the claws of a cat (hence its name); these allow the vine to climb up trees and other vegetation into the forest canopy. The herb's botanical name, *Uncaria*, is from the Latin *uncus*, for 'hook.'

Two species of cat's claw are harvested for medicinal purposes, *Uncaria guianensis*, used mainly in Europe, and *Uncaria tomentosa*, commonly imported into the United States. Among the herbal practitioners of South America, the two species are considered interchangeable.

PANAX GINSENG

This supplement is widely taken to help your body deal with stress. Ginseng also increases stamina and energy and has even shown to increase testosterone levels. When you consider it also has a positive effect on blood flow, it's easy to see why ginseng would have a valuable effect to maintain an erection.

Used in the Orient for hundreds of years and reputed to aid virility and improved sex life. Research showed it to increase testosterone levels whilst reducing prostate size.

L ALANINE L GLYSINE AND L GLUTAMIC ACID

Research has shown that these 3 Amino acids taken in combination are capable of dramatic improvement in BPH. These amino acids were tested in a double-blind study of patients with enlarged prostates. Half of the patients were treated with the combined amino acids the others with a placebo (completely inactive pills given for comparison purposes). 93% of the group taking the amino acids experienced a reduction of prostate enlargement and 95% experienced fewer problems in urination.

EVENING PRIMEROSE OIL

Support Prostate health.

Native to North America, the evening primrose is a tiny and short-lived wildflower and not a true primrose. When Europeans found it and took it to Europe, its purported healing properties for skin diseases and flesh wounds quickly earned it the name 'King's cure-all.' Evening primrose is now grown in 30 or more countries, and the oil pressed from its seed is marketed as a nutritional supplement and

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as a great source of linoleic acid. Evening primrose oil, however, is a source not only of linoleic acid but also of another kind of fatty acid called gamma-linolenic acid (also known as gamma linolenic acid, or GLA). This fatty acid, normally manufactured by the body from linoleic acid, is important in many ways. It is transformed by the body eventually into eicosanoids, hormone-like chemicals that include the prostaglandins. Prostaglandins help control such processes as inflammation, blood clotting, and cholesterol synthesis.

ORGANIC FLAX OIL

Recent Duke University study demonstrates that flax seed taken just for 34 days slows prostate cancer progression: Duke University Flax Seed/Prostate Cancer Study.

Flax has been used for thousands of years for food, clothing and linen but only recently have studies uncovered the nutritional benefits of Flax. With high levels of Omega-3 Fatty Acids, lignans and fiber, Flax provides nutritional benefits that are important to overall health. Flax Oil is nature's most potent source of Omega-3 EFAs. Studies show that Omega-3 EFAs support cardiovascular health and joint flexibility.

BORAGE OIL

Borage Oil is nature's best source of GLA.

Borage Oil is nature's richest source of the nutritionally important Omega-6 fatty acid GLA. Clinical research shows that Borage Oil, with its unusually high GLA content, maintains healthy moisturized skin joint flexibility and prostate health by reducing inflammation. In Japan, medical claims have been made for its use in maintaining healthy skin function and cholesterol levels.

MARINE LIPID CONCENTRATE DHA EPA

One of the healthiest low-fat proteins is fish. But fish and fish oil aren't only a healthy option for losing weight—they may help you control your prostate cancer because they're high in DHA and EPA.

There are now more than 100 papers in the scientific literature that link arachidonic acid with prostate cancer. These papers suggest that arachidonic acid increases the aggressiveness of human prostate cancer because it is converted to a series of powerful hormones, including the prostaglandins, leukotrienes, and other eicosanoids. Studies show that drugs like aspirin and celebrex, which block the formation of some of these hormones, can either reduce the risk of prostate cancer or slow its progression. However, diet can also alter the amount of arachidonic acid in the body and its conversion to products that stimulate cancer growth.

BIOPERINE

In Studies (Black pepper - piper nigrum fruit extract) increases absorption of other nutrients from 30 to 250% via process called thermogenesis.

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Prexamed™ (60 Capsule)



Prexamed™ is an all natural supplement proven to be effective in maintaining prostate health.

Prexamed™ provides relief for many prostate-related issues that are experienced by the majority of men over 40-years of age. The main ingredient is rye pollen. All possible allergens and impurities are removed by a very sophisticated and complex process.

Prexamed™ can yield prostate health benefits within weeks, rather than the months which are typical of other nutritional supplements for prostate health.

Price: £27.32 (Including: VAT at 17.5%)

The Advantages of Prexamed™

A Natural Approach to Maintaining Prostate and Urogenital Health. Non-Allergenic and Non-Toxic.

It is very common for the prostate gland to become enlarged as a man ages. This condition is known as BHP, Benign Prostatic Hyperplasia. The vast majority of men will eventually have symptoms of an enlarged prostate.

Prexamed™ is uniquely effective against a wide range of prostate-related conditions. Many dietary supplements for prostate health, such as saw palmetto, only target specific prostate-related issues rather than providing protective benefits for the entire urinary and genital systems like **Prexamed™**.

Also, unlike many dietary supplements, **Prexamed™** is supported by clinical evidence proving its effectiveness for not only enhancing prostate health by addressing BHP, but also helping to resolve or reduce other prostate and urinary tract issues, such as nonbacterial prostatitis and prostatodynia (both of which require proper medical diagnosis by a trained health professional).

Prexamed™ has been shown to provide the following benefits:

- Reduction in prostate congestion
- Decrease number of nighttime bathroom trips (urinary frequency) urinary urgency and hesitancy
- Improved ability to fully empty the bladder (via relaxation of urethral smooth muscles); also helps women with bladder control issues
- Inhibition of the binding of 5-alpha-dihydrotestosterone (DHT) to prostate cells

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Prexamed™ can yield prostate health benefits within weeks, rather than the months which are typical of other nutritional supplements for prostate health.

Saw Palmetto and other supplements marketed for prostate health have no impact on reducing the volume (or size) of an enlarged prostate. **Prexamed™** does! (In Japan, pollen extracts are one of the preferred treatments for enlarged prostate.)

Prexamed™ has a calming effect upon spasms of the musculature of the smooth muscles of the urethra and bladder neck. It improves contractibility of the bladder and reduces inflammation. Because it exerts a broad effect upon the tissues of the urethra and the bladder, **Prexamed™** offers benefits to women as well as men. Women experiencing an involuntary loss of urine when laughing, coughing, lifting a heavy object, or sneezing, or find themselves being woken from a deep sleep to urinate, will benefit from taking **Prexamed™** to enhance and promote better bladder control.

Prexamed™ is also a potent antioxidant, immune system enhancer, liver protector, and has energy/anti-fatigue effects. **Prexamed™** has been used in clinical settings to promote better wound healing, shorten convalescence time after surgery, and enhance sports performance. Athletes at risk as a result of excessive use of male hormone precursors (e.g., DHEA, androstenediol) may be helped by **Prexamed™**.

Prexamed™ Description

Prexamed™ is a specialized extract designed for the purpose of promoting urogenital health. It is a proprietary combination of water-soluble and lipid-soluble fractions prepared from a defined set of flower pollen sources. The main ingredient is rye pollen. All possible allergens and impurities are removed by a very sophisticated and complex process. The active ingredients are standardized according to proprietary amino acid and phytosterol content profiles, which assures you a consistent product every bottle, every time. There have been no reported serious toxic or allergenic reactions for decades, and no issues of intolerance. Caution is advised for those using flower pollen extracts from unknown origins.

Pharmacology of Prexamed™

Prexamed™ was developed through a proprietary process that requires the pollen of 10,000 plant tops to produce one kilogram of extract. All possible allergens and impurities are removed, and then a very sophisticated process is used to extract out the hydrophilic and the lipophilic fractions, both of are active in genitor-urinary tract issues. For example, the lipophilic fraction has demonstrated an inhibition of the 5-alpha-reductase (responsible for the production of DHT) as well as the cyclooxygenase pathway, which is involved in the inflammatory process. The hydrophilic fraction has demonstrated anti-proliferative actions against the prostate cells. In other words, it helps to defend the prostate against problematic cell growth.

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Mechanisms of Action

- Relaxes smooth muscles, and helps facilitate voiding of the bladder and reduce residual urine
- Improves bladder contractility (and control)
- Inhibits prostate epithelial and stromal cell growth
- Inhibits the arachidonic acid cascade, which is involved in inflammatory processes
- Potent antioxidant properties
- Reduces the effects of cadmium (a suspected inducer of prostate enlargement)
- Protects the liver from some toxins
- Enhances immune system function

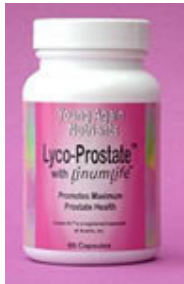
The following properties of pollen extracts serve to help protect the prostate from enlargement:

- Inhibits the formation of DHT by inhibiting alpha-reductase enzyme activity
- Improves the clearance of DHT and its end products from prostate cells
- Effectively increases zinc levels in the prostate, and zinc exerts a major impact upon the clearance of DHT. (Taking zinc orally will not necessarily increase levels of zinc in the prostate.)
- Reduces the binding of DHT to its prostate cell receptor site (alpha 1-receptor)

Take Two Capsule Twice a day

Price: £27.32 (Including: VAT at 17.5%)

Lyco-Prostate (60 Capsule)



- 300 mg Beta Sitosterol, as PURE plant Sterols
- 10 mg Roche Pharmaceutical Grade Lycopene
- 100 mg Linumlife Concentrated Lignans
- Promotes Maximum Prostate Health

Formulated to Promote Prostate Health Free From Cancer

Read these published clinical studies. We are certain you will agree Lyco-Prostate is essential for your own prostate health and recovery from prostate cancer.

Price: £22.03 (Including: VAT at 17.5%)

Serving Size :

Ingredient	Quantity	Measure	RDA *
Lyco-Prostate w/ LinumLife			
Serving Size: One capsule; Ingredients per capsule			
Beta-Sitosterols	300	mg	Not Established
Lycopene (as 5% beadlets)	10	mg	N/E
LinumLife complex (as lignans 3.5% extract from flax seed powder)	100	mg	N/E

Lycopene Linked to Lower Prostate Cancer Risk

A high level of lycopene in the blood serum correlates to a lower risk of prostate cancer, according to new research published in the latest edition of the American Journal of Epidemiology.

Researchers from the US National Cancer Institute in Bethesda, Maryland, led by Dr Tara M. Vogt, focused on 437 men, some 209 of whom had prostate cancer. Vogt's team wanted to find conclusive evidence that the level of carotenoids such as lycopene found in the body were related to the incidence of prostate cancer, since earlier studies had given mixed results.

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Carotenoids are found in a variety of vegetables such as tomatoes, carrots, watermelon and spinach, and include lutein and zeaxanthin as well as lycopene. They have been linked to a number of potential health benefits such as cancer prevention and lung health.

The team discovered that men with the highest levels of serum lycopene had a 35 per cent lower risk of developing prostate cancer than those with the lowest levels. While they also found that intake of other carotenoids was linked to an increase in prostate cancer levels, none of the findings were statistically significant.

Vogt's team also wanted to discover why prostate cancer rates were higher in black men than in white, and both the control and the study group contained comparable numbers of men from both backgrounds.

They discovered that the correlation between carotenoid levels and prostate cancer risk were similar in both black and white men but that serum lycopene levels were significantly lower in blacks than in whites. This, they claimed, could explain why prostate cancer levels are higher in blacks than in whites.

"Our findings provide support for the protective role of lycopene in prostate carcinogenesis," Vogt said. "Hypotheses that other individual carotenoids are associated with a reduced risk of prostate cancer were not supported."

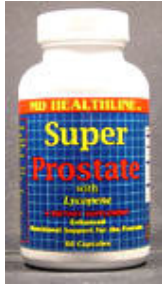
Take one Capsule Twice a day

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Super Prostate (90 tabs)



Super Prostate: A natural alternative to treatment. Super Prostate combines a number of natural substances that are known to improve the health of the prostate gland and may even decrease its size.

What are the symptoms of BPH?

The most common symptoms include frequent urination, getting up to urinate at night, incomplete emptying of the bladder, waiting a while before the flow of urine begins; urgency, which is the inability to "hold it" and even incontinence. The symptoms of BPH and prostate cancer can be similar. Anyone suffering from any of the described symptoms should see a physician for a proper diagnosis.

Price: £21.74 (Including: VAT at 17.5%)

Why does prostate increase in size?

The prostate gland undergoes the process of enlargement because of certain hormonal changes and some nutritional deficiencies

What is the treatment of BPH?

The main treatment in the past has been a surgical procedure called a TURP (trans-urethral resection of the prostate) which removes some of the prostate tissue to increase the opening for the flow of urine. Medications, such as Hytrin, Cardura ,and Proscar improve some of the symptoms as well. Unfortunately, neither the surgery nor the medications really decrease the size of the prostate.

The Super Prostate Formula: A Natural alternative for treatment

The Super Prostate Formula combines a number of natural substances that are known to improve the health of the prostate gland and may even decrease its size.

Vitamin E. Numerous studies indicate that Vitamin E substantially reduces the risk of prostate cancer. A study conducted in Finland followed 29,132 men from 1985 to 1991. The men who took Vitamin E, (50 IU's per day) experienced 41 percent fewer deaths from prostate cancer than those not receiving Vitamin E. (Heinonen O.P, Albanes D., Virtamo J, Taylor P.R., Huttunen J.K., Hartman A.M., Haapakoskim J., Malila N., Rautalahti M., Ripatti S., Maenpaa H., Teerenhovi L., Koss L., Virolainen M., and Edwards B.K. Prostate cancer and supplementation with alpha-tocopherol and beta- carotene: incidence and mortality in a controlled trial. J Natl Cancer Inst 90: 440-446, 1998).

Magnesium protects the heart and other vital organs, which suffer during acute infections. Magnesium is also a critical component of maintaining a healthy urinary tract by preventing formation of kidney stones. Several randomized trials have established the value of magnesium supplementation to inhibit stone formation. (Pak C.Y. Medical Prevention of renal stone disease, Center for Mineral Metabolism and Clinical Research, University of Texas Southwestern Medical Center, Nephron;81 Suppl 1:60-5, 1999

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Zinc is probably the single most important nutrient for a healthy prostate. The normal prostate gland contains more zinc than any other organ. Zinc supplementation has been shown to diminish the symptoms of BPH and actually reduce the size of the prostate. (Bush I.M., Berman E., Nourkayhan S., et al. Zinc treatment for reduction of hyperplasia of prostate. Fed Proc; 35(3): 361, 1976.)

Saw Palmetto (*Serenoa repens*, *Sabal serrulata*) has been demonstrated to have significant benefits in treating BPH. In Europe it is used extensively in treating BPH. Clinical studies demonstrate that 320 mg per day is an effective treatment for symptoms of BPH. A 1998 study by Harvard researchers found that Saw Palmetto extract was effective in the treatment of BPH. (Wilt T.J., Ishani A., Stark, et.al. Saw Palmetto Extracts for treatment of benign prostatic hyperplasia. JAMA, 380:160-169, 1998.) Another study conducted in Germany found that taking 160mg of Saw Palmetto twice-daily reduced night time urination in 73% of the men tested. (Bach D., Ebeling L. Long-term drug treatment of benign prostatic hyperplasia - results of a prospective 3-year multicultural study using Sabal extract IDS 89. Phytomedicine, 3:105-11, 1996.) Positive results with BPH usually take four to six weeks. Improved prostate health requires continual use of Saw Palmetto.

Pigeum Africanum is an evergreen tree in Africa. Its bark has historically been used to treat urinary tract infections. It has been used to treat BPH in Europe since the 1980s. The results of many clinical trials demonstrate the effectiveness of *Pygeum* in reducing the symptoms of BPH. (Andro M.C. Riffaud J.P.. *Pygeum africanum* extract for the treatment of patients with benign prostatic hyperplasia: a review of 25 years of published experience. Curr Ter Res, 56:796-8, 1995.)

Pumpkin Seed (*Cururbita Pepo*) A clinical study conducted in Germany in 1997 demonstrated that pumpkin seeds are beneficial for the treatment of mild to moderate BPH and their use seems well justified. (Blumenthal M., Busse W.R., Goldberg A. et al. (eds). The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicine, Boston: Integrative Medicine Communications, 193, 1998.)

Nettle Root Extract (*Urtica dioica*) exhibits an antiproliferative effect on human prostate cancer cells, and in animal studies was successfully used to treat BPH. (Konrad L., Muller H.H., Lenz C., Laubinger H., Aumuller G., Lichius J.J. Antiproliferative effect on human prostate cancer cells by a stinging nettle root. *Planta Med*;66(1): 44-7, Feb 2000 and Lichius J.J. and Muth C. The inhibiting effects of *Urtica dioica* root extracts on experimentally induced prostatic hyperplasia in the mouse. *Planta Med*;63(4) 307-10, Aug 1997). Nettle root extract along with Saw Palmetto appears to be particularly effective in treating BPH. A study conducted in Germany used 320 mg of Saw Palmetto per day along with 240 mg of Nettle root extract over a period of one year. The treatment was effective in treating BPH. (Metzker H., Kieser M., Holscher U. Efficacy of a combined Sabal-Urtica preparation in the treatment of benign prostatic hyperplasia (BPH). *Urologe*; 36:292-300, 1996).

Lycopene is an anti-oxidant that may lower the risk of prostate cancer especially when combined with Vitamin E. A study at Harvard Medical School showed a measurable relationship between lycopene and the reduction of prostate cancer. (Clinton SK, Emenhiser C., Schwartz S.J, Bostwick D.G., Williams A.W., Moore B.J., Erdman J.W. Jr., Dana-Farber Cancer Institute, Harvard Medical School, Boston, Massachusetts. Cis-trans lycopene isomers, carotenoids, and retinol in the human prostate. *Cancer Epidemiol Biomarkers Prev*;5(10): 823-833, Oct 1996).

How Effective is the Super Prostate?

Clinical studies have demonstrated that the ingredients found in the Super Prostate Formula cause a significant reduction of the symptoms of BPH, and may actually decrease prostate size. No side effects were observed.

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How Should I use Super Prostate?

The suggested dose for the Super Prostate Formula is 1 capsule after each meal. Some men experience noticeable improvement in just 1 or 2 months, while others need to take it for 6 or months - remember in some cases an enlarged prostate has been developing over many years. It is best to continue to take the Super Prostate Formula even after the symptoms have improved. A maintenance dosage of 2 capsules per day with food is suggested to insure optimal prostate health.

M.D. Healthline's Super Prostate is manufactured in the United States under exacting health standards and regulations. Each ingredient is tested for purity before it is utilized. This product is hypo-allergenic and contains no yeast, wheat, corn, soy, milk, salt, sugar, starch, artificial colors or artificial flavors.

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Green Tea (60 caps)



Green Tea extract delivers one of nature's richest antioxidants!

97% Polyphenol, 60 capsules, 300mg and NO caffeine.

Parts used and where grown

All teas (green, black, and oolong) are derived from the same plant, *Camellia sinensis*. The difference is in how the plucked leaves are prepared. The leaves of the tea plant are used both as a social and medicinal beverage. Green tea, unlike black and oolong tea, is not fermented, so the active constituents remain unaltered in the herb.

The known health conditions where green tea has been found to be an effective treatment or preventative.

- Cancer risk reduction.
- Gingivitis (periodontal disease).
- High cholesterol.
- High blood pressure.
- High triglycerides.
- Immune function.
- Prostate health.

Price: £17.45 (Including: VAT at 17.5%)

Historical or traditional use

According to Chinese legend, tea was discovered accidentally by an emperor 4,000 years ago. Since then, traditional Chinese medicine has recommended green tea for headaches, body aches and pains, digestion, depression, immune enhancement, detoxification, as an energizer, and to prolong life. Modern research has confirmed many of these health benefits.

Active constituents

Green tea contains volatile oils, vitamins, minerals, and caffeine, but the active constituents are polyphenols, particularly the catechin called epigallocatechin gallate (EGCG). The polyphenols are believed to be responsible for most of green tea's roles in promoting good health.¹

Research demonstrates that green tea guards against cardiovascular disease in many ways. Green tea lowers total cholesterol levels and improves the cholesterol profile (the ratio of LDL cholesterol to HDL cholesterol), reduces platelet aggregation, and lowers blood pressure.^{2 3 4 5} The polyphenols in green tea have also been shown to lessen the risk of cancers of several sites, stimulate the production

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of several immune system cells, and have anti-bacterial properties—even against the bacteria that cause dental plaque.^{6 7 8}

How much should I take?

Much of the research documenting the health benefits of green tea is based on the amount of green tea typically drunk in Asian countries—about three cups per day (providing 240-320 mg of polyphenols). To brew green tea, 1 U.S. teaspoon (5 grams) of green tea leaves are combined with 250 ml (1 cup) of boiling water and steeped for three minutes. One capsule of our green tea contains 300mg of standardized green tea extracts of polyphenols, particularly EGCG, providing 97% polyphenol content—which is equivalent to drinking four cups of tea.

Are there any side effects or interactions?

Green tea is extremely safe. The most common adverse effect reported from consuming large amounts of green tea is insomnia, anxiety, and other symptoms caused by the caffeine content in the herb. There is NO caffeine in the green tea extract offered below. The tea bags are not decaffeinated as that will spoil the flavor for most drinkers.

References

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8. Hamilton-Miller JM. Antimicrobial properties of tea (*Camellia sinensis* L.). *Antimicro Ag Chemo* 1995;39(11):2375-2377.

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