Clinical Applications

» Supports Healthy Male Urinary Flow and Frequency*

» Supports Bladder and Prostate Health*

*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.

Prostate Flo™ is a comprehensive formula designed to support male urinary flow, hormone metabolism, and overall prostate health. This formula contains a variety of synergistic, standardized herbs in addition to pumpkin seed oil, vitamin B6, and zinc. Saw palmetto berry is present as a highly concentrated, standardized extract.*

Discussion

Saw Palmetto Berry Extract (Serenoa repens), widely studied and used in Europe to support male urinary flow,[1] is standardized in this formula to contain 85-95% free fatty acids and sterols. The extract inhibits 5 alpha-reductase[2] as well as DHT binding to androgen receptors,[3] has anti-estrogenic activity,[4] reduces prolactin-induced prostate enlargement[5] and IGF-1-induced prostate growth,[6] has anti-inflammatory activity,[7] and generally reduces edema.*[8]

Pygeum Africanum Bark Extract (Pygeum africanum), used for approximately 300 years, blocks androgen precursors, reduces prolactin levels, and has a decongesting, or anti-edema, effect. In animal models, Pygeum modulates bladder hypercontractility. The bark extract increases prostatic secretions and improves seminal fluid composition.[9] In 2007, a critical review of this plant's efficacy examined a detailed series of in vitro and in vivo studies on prostate growth and bladder function. Researchers identified molecular targets of Pygeum africanum extract affecting both growth factor-mediated prostate growth and specific parameters of bladder function.*[10]

Pumpkin Seed Oil Extract (Cucurbita pepo) is naturally rich in phytosterols, antioxidants, and unsaturated fatty acids (55% linoleic acid). A randomized, controlled, double-blind, three-month study (n=53) reported significant improvement in urinary flow, urination time, residual urine, and urinary frequency without any adverse effects.*[11]

Uva-Ursi Extract (Arctostaphylos uva-ursi), derived from the Uva-Ursi leaf, contains 10% of the glycoside, arbutin, beneficial for its anti-microbial and diuretic properties.*[12,13]

Zinc inhibits 5a reductase, the enzyme that converts testosterone to its more potent form, dihydro-testosterone, believed to be most responsible for proliferative changes to the prostate.*[14]
Prostate FLO™ Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Softgel</th>
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<tr>
<td></td>
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<tr>
<td><strong>Amount Per Serving</strong></td>
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<tr>
<td><strong>% Daily Value</strong></td>
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<tr>
<td>Vitamin B-6 (as pyridoxine hydrochloride)</td>
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<tr>
<td>Zinc (as zinc gluconate)</td>
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<tr>
<td>Saw Palmetto Extract (Serenoa repens) (berry) (standardized to contain 85-95% fatty acids and sterols)</td>
</tr>
<tr>
<td>Pumpkin Seed Oil (Cucurbita pepo)</td>
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<tr>
<td>Pygeum Extract (Pygeum africanum) (bark) (standardized to contain 12% sterols)</td>
</tr>
<tr>
<td>Uva-Ursi Extract (Arctostaphylos uva-ursi) (leaf) (standardized to contain 10% arbutin)</td>
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**Daily Value not established.**

**Other Ingredients:** Gelatin, glycerin, soy lecithin, yellow beeswax, caramel color, and titanium dioxide (color).

**Softgel Ingredients:** Gelatin, glycerin, caramel color, titanium dioxide (color), and purified water.

**DIRECTIONS:** Take one softgel twice daily or as directed by your healthcare practitioner.

**DOES NOT CONTAIN:** Artificial flavor or sweetener, preservatives, sugar, milk, lactose, gluten, wheat, yeast, fish. Sodium Free.

**CAUTION:** This product is intended solely for use by men 18 years of age or older. Consult your healthcare practitioner before use, especially if you have - or think you may have - any medical condition or if you are currently taking medication. Keep out of reach of children.

**STORAGE:** Keep tightly closed in a cool, dry place.

### References