

Prostate Formula

AllicinCenter's Prostate Formula contains herbs that cleanse the kidneys and the bladder in men and helps reduce swelling and inflammation of the prostate gland. These same herbs have been used, in some cases for centuries, for the prevention and treatment of prostate disorders. AllicinCenter's Prostate Formula addresses the symptoms and some of the causes of prostatitis, frequent urination, enlarged prostate, penile discharge, urinary tract yeast, and elevated PSA.

- all natural, herbal ingredients.
- helps the body fight infected, or enlarged, prostate.
- stimulates urine flow.
- reduces inflammation & infection.
- soothes irritated tissues.

As men age, the enzyme called 5-alpha-reductase converts the male hormone testosterone to dihydrotestosterone, reducing the level of testosterone in the blood. This signals the enlargement of prostate gland that encircles the urinary tract to compensate for the decreased level of testosterone level by producing more, constricting the urinary passage. BPH (benign prostatic hypertrophisms, meaning “the enlargement of the prostate”) and causes poor and frequent urination, typically nightly urination, and sexual dysfunction.

The prostate gland grows larger as men age, a condition known as benign prostatic hypertrophy (BPH). The prostate gland encircles the male urethra, and the enlargement of the prostate gland blocks urinary passage, causing BPH symptoms including bedtime and frequent urination. BPH is caused by the formation of dihydrotestosterone (DHT).

By age 40, 10% of men develop BPH. It is estimated that almost half the male population over age 50 suffer from enlarged prostate (BPH), with symptoms ranging from inflammation (prostatitis), to swelling, painful and frequent urination, and nocturnal urination. Sadly, one in seven men over the age of 50 will be diagnosed with prostate cancer during his lifetime. Prostate cancer is the second most common form of cancer among men (next to skin cancer) and the second most common cause of cancer death (next to lung cancer). The most common treatment for prostate disease is the surgical removal of the prostate. About 400,000 prostatectomies are performed every year in the United States. Unfortunately, surgical removal of the prostate can lead to impotence & incontinence, and is linked to increased risk of death from heart disease.



Saw Palmetto Berries Standardized Extract Serranos Serrandata (30%):

Saw palmetto fruit contains phytochemicals that inhibit 5-alpha-reductase and aromatase that cause BPH development. Both anecdotal evidences and clinical trials indicate that Saw palmetto extracts is indeed an excellent diuretic that improves urination, reduces urine retention in the bladder, and improves libido and sexual function, without side effects. In contrast, the synthetic BPH drug finasteride showed side effects such as decreased libido and impotence. There have been numerous clinical trials on Saw palmetto extract alone and comparatively with synthetic drugs.

Saw palmetto (*Serenoa repens*) fruits have been demonstrated to inhibit DHT formation through the inhibitory effect on 5-alpha-reductase activity. German Commission endorses the use of Saw palmetto berries for urinary and BPH problems. In traditional Chinese medicine, seeds have been used to help improve blood circulation and reduce swelling in the testicles.

Palmetto (*Serenoa repens*) is a small palm tree (native to the North American Atlantic Coast) with large leaves and large deep red-blackberries. The common name Saw Palmetto includes the species *Sabal serrulata*, which is used in-

terchangeably with *Serenoa repens*. The genus name, *Serenoa*, is named after the American botanist, Sereno Watson (1826-1892). Saw Palmetto is also known by the name *Sabal*.

Native Americans used the berries as a food and a therapeutic herbal treatment for enuresis, nocturia, atrophy of the testes, impotence, inflammation of the prostate and low libido in men. Women also used the Saw Palmetto berries to treat infertility, painful periods and problems with lactation. Saw Palmetto has other traditional uses as a tonic and expectorant for mucous membranes, particularly the bronchial tubes. The berries were also used by the Indians as a general tonic to nourish the body and encourage appetite & normal weight gain.

Saw Palmetto has recently gained widespread use by doctors and alternative health practitioners alike as a safe alternative for treating BHP1. Recent clinical trials have shown that saw palmetto berries are helpful in the treatment of benign prostatic hyperplasia. Research has shown that enlargement of the prostate gland is caused mainly by the action of dihydrotestosterone (DHT) a powerful male hormone which is converted from the primary male hormone (testosterone) under the influence of the enzyme testosterone 5-alpha-reductase. The FDA recently approved a drug (Proscar™) that counters the action of DHT as a treatment for BPH, but Proscar™ is very expensive (\$60 a month) and sometimes causes severe side effects such as sexual impotence.

Saw Palmetto Berry contains an oil with a variety of fatty acids, including capric, caprylic, caproic, lauric, palmitic and oleic acid, and their ethyl esters. Saw Palmetto oil is also high in phytosterols (beta-sitosterol, stigmasterol, cycloartenol, lupeol, lupenone and 24-methyl-cycloartenol), as well as other volatile oils, resins, and tannin.

Saw Palmetto has been shown to be a "multi-site" inhibitor of the hormone DHT, which plays a major role in the development of prostate disorders. Studies show that Saw Palmetto inhibits 50% of the binding of DHT to receptor sites in the prostate. It also blocks the uptake of DHT into the nucleus of prostate cells, and strongly inhibits the action of testosterone 5 alpha-reductase, which reduces the conversion of testosterone to DHT.

In modern research, fat-soluble extracts of Saw Palmetto have been shown to inhibit the conversion of testosterone to dihydro-testosterone (DHT), and to block the binding of DHT to prostate cells, thus reducing prostate enlargement and inflammation.



In a controlled clinical trial with patients with enlarged prostate glands, 50 patients who received saw palmetto (320 mg per day - 4 tablets taken in two separate doses with meals) were compared to 44 patients receiving placebo. Patients treated with saw palmetto urinated less frequently, produced a better flow rate and amount of urine, and had less pain and discomfort in urinating than control subjects. There were actually fewer adverse side effects in patients receiving saw palmetto than in controls.



Grapefruit Seed Standardized Extract:

Grapefruit seeds are well known as an anti-fungal agent in that their consumption kills many different types of parasites and assists the body in producing beneficial bacteria. A biologically active natural ingredient found in the seeds kills strep, staph, salmonella, e.coli, candida, herpes, influenza, parasites, fungi and traveler's diarrhea, and is used as an antibiotic, antifungal, antiprotazoan, antiviral, antiseptic and disinfectant.



Corn Silk Powdered Extract/Zea Mays (4:1):

Cornsilk is a diuretic, and acts much like parsley in herbal formulations. Cornsilk is both mild and non-toxic, and is contained in several over-the-counter (OTC) type diuretic products in Europe and America (where it use to be an officially recognized medicinal agent), and is also popular in China. Most herbalists around the world agree that Cornsilk directly reduces painful symptoms and swelling due to several inflammatory conditions.

Pygeum Bark Powdered Extract/Pygeum Alcarum (94:1):

Pygeum is also known as African Pygeum. It is a large evergreen tree that grows in the high plateaus of southern Africa. The bark is traditionally powdered and drunk as a tea for genito-urinary complaints. Double-blind clinical trials have shown efficacy for many parameters of prostatic hypertrophy, including failure to urinate, nocturnal urina-



tion, frequent urination, residual urine, abdominal heaviness, voiding volume, prostate volume and peak flow. Results included significant reduction of symptoms and prostate size, and clearance of bladder neck urethra obstruction.

The bark contains three groups of active constituents: phytosterols (including beta-sitosterol), pentacyclic triterpenoids (including ursolic and oleaic acids) and ferulic esters of long-chain fatty alcohol (including ferulic esters of docosanol and tetracosanol).



Freeze Dried Certified Organic Echinacea Angustilola (4:1):

Echinacea has been used for centuries by herbalists and alternative health care providers to boost the immune system, help speed wound healing, reduce inflammations, treat colds and flu, and fight infections.

A growing collection of scientific evidence supports Echinacea's important contribution to stimulating the immune system. Researchers have found that Echinacea's immune-stimulating properties are due to a rich host of polysaccharides and phytosterols unique to this plant. Researchers have identified a number of important active ingredients, including glycosides (especially echinacoside), eichloric acid, chlorogenic acid, polysaccharides (echinacin B, inulin, arabinogalactans, xyloglucans), isobutylamines (echinacein), alkylamides, phytosterols, (Z)-1, 8-pentadecadiene, sesquiterpene esters (in *E. purpurea*) and many other valuable compounds.



Freeze Dried Certified Organic Stinging Nettles (5:1):

The diuretic properties of nettles are well recognized, and several pharmaceutical preparations incorporating Nettles are marketed in Europe for this purpose. In addition, an extract of nettle root has become quite popular in recent years for the treatment of urinary retention brought on by benign prostatic hypertrophy (BPH). Some clinical studies attest to its effectiveness, and German health authorities now allow it to be used for this condition.

The German Commission E monograph indicates use of Nettles for secondary (not primary) treatment for rheumatic complaints, and for irrigation (flushing) in cases of inflammation of the urinary tract and in prevention and treatment of kidney gravel, noting that abundant fluid intake must be assured. Nettles are rich in chlorophyll and young cooked nettle shoots, when cooked, are not only edible but are an excellent source of beta carotene, vitamin C, vitamin E and minerals, especially silica.



Freeze Dried Certified Organic Parsley Juice Powder:

Most often found in fresh salads and as an uneaten garnish in restaurants, Parsley, Latin name *Petroselinum sativum*, has been used in classical folk medicine for over 2,000 years, and traditional folk healers have discovered applications for virtually every part of this carrot-like plant. Parsley seeds have been used as a carminative to relieve gas and stimulate digestive action, while the root has been employed for its mild diuretic activity, helping to increase urine output and rid the body of excess fluids.

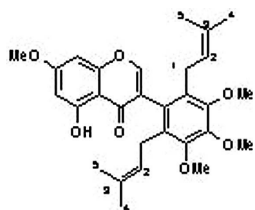
The leaves and root have been recommended for treating urinary tract infections, and the entire plant is claimed to stimulate digestion and to act as an expectorant to aid in the elimination of mucus, thus aiding congestion. Folk healers have also found parsley to be an effective emmenagogue to stimulate the uterus and aid menstrual flow. As a food, parsley is an excellent breath freshener, and nutritionally it is a good source of iron, beta carotene and vitamins B1, B2 and C. Laboratory research has supported many of the healing claims of parsley. Essential oils extracted from parsley have been shown to lower blood pressure and to act as a mild sedative.

Certified Organic Capsicum (30,000 h.u.):

Researchers who became excited by studies that indicated that capsicum could help prevent the formation of dangerous blood clots. Now new research is focusing on this spices ability to act as an anti-inflammatory agent, and aid in controlling pain.



Researchers in Thailand first noticed that people who consume large amounts of red chili peppers experienced a lower incidence of thrombo-embolism, or potentially dangerous blood clots. Scientists then looked at the medical records of countries where hot spicy foods were regularly consumed, and found that people who eat a diet high in red peppers experience a much lower incidence of blood clotting diseases. Scientists have now concluded that capsicum does indeed possess fibrinolytic activity, meaning that it is able to break down blood clots.



In addition to preventing the formation of blood clots, researchers have also discovered that a topically applied cream containing capsicum could help control some types of chronic skin pains. Now available in the form of a prescription drug called Zostrix™, capsicum ointment is applied to the skin to aid in controlling the pain associated with herpes zoster, also known as shingles, as well as neuralgia and postoperative amputation trauma.

The active ingredient in capsicum is a compound called "capsaicin" that functions to deplete 'substance P', which is involved in the transmission of pain from the skin to the spinal cord. By blocking substance P, capsaicin acts as a dramatic and long-lasting anesthetic bringing relief to almost 75 percent of patients tested with the cream. It can take as long as three days from first application to begin to deplete substance P from the peripheral nerves.

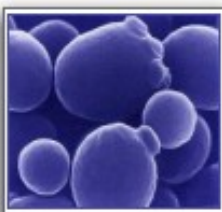


Magnesium Dioxide:

Magnesium plays a critical role in the duplication of RNA and DNA. Magnesium also activates many of the enzymes that speed up chemical reactions that occur in the body including catalase, which is used by the body to metabolize hydrogen peroxide to release oxygen. Magnesium dioxide releases a tremendous amount of oxygen that is trapped in its crystalline lattice matrix. This oxygen can help loosen and soften the hardened and encrusted waste matter in the colon.

Citrus Bioflavonoids:

Bioflavonoids such as Quercetin, Rutin, and Hesperidin are vital in their ability to increase the strength of the capillaries (blood vessels) and to regulate their permeability. They assist Vitamin C in keeping collagen, the intercellular "cement" in healthy condition; are essential for the proper absorption and use of vitamin C; prevents Vitamin C from being destroyed in the body by oxidation; beneficial in hypertension; helps hemorrhages and ruptures in the capillaries and connective tissues and builds a protective barrier against infections. Quercetin is a very highly concentrated form of Bioflavonoids derived from citrus fruit. A deficiency in these nutrients may result in varicose veins, a tendency to bruise and bleed easily, and/or the appearance of purplish spots on the skin.



Ascorbic Acid (Vitamin C):



Vitamin C (Ascorbic Acid) is a plant vitamin, occurring to some degree in almost all plants. The body neither makes nor stores vitamin C; a continuous supply must be provided in the food we eat. Normal body cell functioning requires ascorbic acid, as does the formation of healthy collagen (the basic protein of connective tissue), bones, teeth, cartilage, skin, and capillary walls. Vitamin C also promotes the body's effective use of other nutrients, such as iron, B vitamins, vitamins A and E, calcium, and certain amino acids. By promoting the formation of strong connective tissue, it helps to heal wounds and burns. Stress, fever, and infection increase the body's need for vitamin C. Scurvy is a vitamin C deficiency disease. Ascorbic acid is water-soluble and is sensitive to air, heat, light, alkalis, and copperware.

Vitamin C is essential for healthy teeth, gums & Bones; helps heal wounds, scar tissue, & fractures; prevents scurvy; builds resistance to infection; aids in the prevention & treatment of the common cold; gives strength to blood vessels;

aids in the absorption of iron. It is required for the synthesis of collagen, the intercellular "cement" which holds tissues together. It is also one of the major antioxidant nutrients. It prevents the conversion of nitrates (from tobacco smoke, smog, bacon, lunch meats, & some vegetables) into cancer-causing substances. According to Dr. Lines Pauling, the foremost authority on Vitamin C, Vitamin C will decrease the risk of getting certain cancers by 75%.

Plant Cell Grown Zinc:

Zinc is a mineral that occurs in animal tissue, and in plants when they grow on good soil. It is important for various enzyme reactions, for the reproduction system, and for the manufacture of body protein. Zinc is an antioxidant nutrient. Zinc is necessary for protein synthesis and wound healing; is vital for the development of the reproductive organs, prostate functions and male hormone activity; it governs the contractility of muscles; is important for blood stability; maintains the body's alkaline balance; helps in normal tissue function; and aids in the digestion and metabolism of phosphorus. A deficiency of zinc may result in delayed sexual maturity, prolonged healing wounds, white spots on finger nails, retarded growth, stretch marks, fatigue, decreased alertness, and/or susceptibility to infections.

Vitamin E:

Vitamin E (Tocopherol) occurs in both plant and animal tissue, more abundantly in the former. As an antioxidant, it acts in the body to protect red blood cells, vitamin A, and unsaturated fatty acids from oxidation damage. It also appears to help maintain healthy membrane tissue. In experiments with rats, vitamin E was found necessary for fertility. Vitamin E is fat-soluble and is sensitive to oxygen, alkalis, and ultraviolet light. Vitamin E is a major anti-oxidant nutrient; retards cellular aging due to oxidation; supplies oxygen to the blood which is then carried to the heart and other organs; thus alleviating fatigue; aids in bringing nourishment to cells; strengthens the capillary walls & prevents the red blood cells from destructive poisons; prevents & dissolves blood clots; has also been used by doctors in helping prevent sterility, muscular dystrophy, calcium deposits in blood walls and heart conditions. A deficiency of Vitamin E may lead to a rupture of red blood cells, loss of reproductive powers, lack of sexual vitality, abnormal fat deposits in muscles, degenerative changes in the heart and other muscles, and/or dry skin.

Selenium:

Selenium is a mineral and a major antioxidant nutrient. Selenium protects cell membranes and prevents free radical generation, thereby decreasing the risk of cancer and disease of the heart & blood vessels. Medical surveys show that increased Selenium intake decreases the risk of breast, colon, lung and prostate cancer. Selenium also preserves tissue elasticity; slows down the aging & hardening of tissues through oxidation; and helps in the treatment & prevention of dandruff. A deficiency of selenium may result in premature aging, heart disease, dandruff, and/or loose skin. Selenium is an anti-oxidant and a free radical scavenger. Populations with high blood selenium levels are found to have lower death rates due to cancer. Mormons have high selenium blood levels perhaps related to their diet. Cancer patients have low selenium blood levels. Additionally, selenium works in harmony with vitamin E.

Beta Carotene:

Beta Carotene (Vitamin A) is necessary for proper growth & repair of body tissues; helps maintain smooth, soft disease-free skin; helps protect the mucous membranes of the mouth, nose, throat & lungs, thereby reducing susceptibility to infections; protects against air pollutants; counteracts night-blindness & weak eyesight; and aids in bone & teeth formation. Current medical research shows that foods rich in Beta Carotene will help reduce the risk of lung cancer & certain oral cancers. Unlike Vitamin A from fish liver oil, Beta Carotene is non-toxic. A deficiency of Beta Carotene may result in night blindness, increased susceptibility to infections, rough, dry, scaly skin, loss of smell & appetite, frequent fatigue, lack of tearing, defective teeth, and retarded gum growth.

Circumin:

Curcuma longa (turmeric root) is one of the most widely used herbs in Ayurveda Materia Medica. The dried root, which has been used for centuries as a spice, food preservative and a coloring agent, has been found to be a rich source of phenolic compounds, or curcuminoids. Sabinsa, (a manufacturer of some of the finest herbal ingredients in the world today,) has created a unique composition (called "C3 Complex®") of the roots' three main curcuminoids. Their combined ability may prevent free radical production.

Turmeric's primary properties are considered to be alterative, analgesic, antibacterial, anticoagulant, antifungal, anti-inflammatory, antioxidant, antiseptic, aromatic, astringent, circulatory stimulant, digestive tonic, hepato-tonic, stimulant, and vulnerary. Turmeric has been used historically as a support treatment for arthritis, high cholesterol, digestion, liver protection, and obesity.



Turmeric has the following known primary constituents include curcumin, a yellow pigmented essential oil containing artumerone, zingberene, turmerone and borneol, valepotriates, alkaloids, and protein. Curcumin increases the secretion of bile by stimulating the bile duct. Curcumin also protects the liver by detoxification, stimulating the gall bladder and scavenging free radicals. In conjunction with the adrenal glands, it inhibits both platelet aggregation and the enzymes that induce inflammatory prostaglandins. Curcumin may also help break down fats and reduce cholesterol. Turmeric also helps to stabilize the body's microflora, thus inhibiting yeast overgrowth, especially in the urinary tract.

Suggested Use: Two VegiCaps® in the morning and two at night. Do not exceed 4 per day.



Supplement Facts*

Serving Size: 2 VegiCaps®
 Servings Per Container: 30

	Amt./Serving	% DV	
Grapefruit Seed Extract	150 mg		**
Corn Silk Powdered Extract (4:1)	150 mg		**
Saw Palmetto Berries Std. Ext. (30%)	100 mg		**
Pygeum Bark Powdered Extract (94:1)	50 mg		**
Zinc (Plant Cell)	17 mg		113%
Magnesium (Dioxide)	10 mg		3%
Vitamin C	9 mg		15%
Vitamin E (Plant Cell)	9 IU		30%
Citrus Bioflavonoids	9 mg		**
Selenium (Plant Cell)	9 mg		1200%
Proprietary Blend	470 mg		**



Our proprietary blend includes Freeze Dried Certified Organic Parsley Juice Powder, Freeze Dried Certified Organic Stinging Nettles, Freeze Dried Certified Organic Echinacea Angustifolia (4:1), Certified Organic Capsicum, Plant Cell Grown Zinc, Selenium and Beta Carotene, and Curcumnoid C3 Complex® Standardized Extract (95% curcumnoids)

This product is not intended to treat, prevent, diagnose or cure any disease or medical condition. Consult a physician or medical practitioner before taking any dietary supplement especially if pregnant, nursing or taking prescription medications.