

# Prostate Support



**PC**

Be Well Stay Well Age Well

**Clinical Applications**

- Supports Healthy Male Urinary Flow and Frequency\*
- Supports Bladder and Prostate Health\*

*Prostate Support is a specialized formula designed for men to support male urinary flow, hormone metabolism, and overall prostate health. It contains a variety of synergistic, standardized herbs in addition to pumpkin seed oil, vitamin B6, and zinc. Saw palmetto berry (*Serenoa repens*), widely studied and used in Europe, is present as a highly concentrated, standardized extract.\**

All Phillips Clinic Formulas Meet or Exceed cGMP Quality Standards

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## Discussion

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

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.<sup>[9]</sup> 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.\*<sup>[10]</sup>

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.\*<sup>[11]</sup>

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.\*<sup>[12,13]</sup>

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.\*<sup>[14]</sup>

Prostate Support

\*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.



# Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Vitamin B6 (as pyridoxine HCl)	5 mg	250%
Zinc (as zinc gluconate)	15 mg	100%
Saw Palmetto Extract ( <i>Serenoa repens</i> )(fruit) (85-95% fatty acids and sterols)	160 mg	**
Pumpkin Seed Oil ( <i>Cucurbita pepo</i> )	40 mg	**
Pygeum Extract ( <i>Pygeum africanum</i> )(bark)(12% sterols)	10 mg	**
Uva-Ursi Extract ( <i>Arctostaphylos uva-ursi</i> )(leaf)(10% arbutin)	5 mg	**

\*\* Daily Value not established.

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

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

**Contains:** Soy

## Directions

Take one softgel twice daily, or as directed by your healthcare practitioner.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

## References

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12. Carbin BE, et al. Treatment of benign prostatic hyperplasia with phytosterols. *Br J Urol.* 1990 Dec;66(6):639-41. [PMID: 1702340]
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15. Setlur SR, Chen CX, et al. Genetic variation of genes involved in dihydrotestosterone metabolism and the risk of prostate cancer. *Cancer Epidemiol Biomarkers Prev.* 2010 Jan;19(1):229-39. [PMID: 20056642]

## Does Not Contain

Wheat, gluten, corn protein, yeast, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

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